

# Wreck This Heart

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner west coast swing  
編舞者: Glenda Ortiz Harney (USA)  
音樂: Wreck This Heart - Bob Seger



## RIGHT SHAKE, SHAKE, BACK, ROCK

1&2      Step to the right shaking hips to right, left, right  
3- 4      Rock left back behind right, recover onto right

## LEFT HEEL/BALL/CROSS/LEFT HEEL/BALL/CROSS

5&6      At angle to left touch left heel, step on left, step right over left  
7&8      At angle to left touch left heel, step on left, step right over left

## LEFT SHAKE, SHAKE, BACK ROCK

1&2      Step to the left shaking hips to left, right, left  
3- 4      Rock right back behind left, recover onto left

## RIGHT HEEL/BALL/CROSS/RIGHT HEEL/BALL/CROSS

5&6      At angle to right touch right heel, step on right, step left over right  
7&8      At angle to right touch right heel, step on right, step left over right

## RIGHT SIDE ROCK, BEHIND & CROSS

1- 2      Rock right to right side, recover onto left  
3&4      Step right behind left, step left to left side, step right over left

## LEFT SIDE ROCK, BEHIND/QUARTER/TURN

5- 6      Rock left to left side, recover onto right  
7&8      Step left behind right, step right to right side, step left turning  $\frac{1}{4}$  to left (9:00)

## HEEL & HEEL & ROCK STEP

1&      Touch right heel forward, step right beside left  
2&      Touch left heel forward, step left beside right  
3- 4      Rock forward right, recover onto left

## COASTER STEP, STOMP/STOMP/STOMP

5&6      Step back right, step left beside right, step forward right  
7&8      Stomp left, stomp right, stomp left

## REPEAT

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