

It's A Heartache

COPPER KNOB
BY STEPHEN B. B. B.

拍數: 64 牆數: 4 級數: Improver
編舞者: Michael Vera-Lobos (AUS)
音樂: It's a Heartache - Trick Pony



CROSS ROCK, REPLACE, SIDE, CROSS, SIDE ROCK CROSS, ¼ RIGHT, ½ RIGHT

1-2-3-4 Cross rock right over left, rock back on left, step right to right, cross left over right
5&6-7-8 Side rock right to right & replace weight on left, cross right over left, turn ¼ right stepping back on left, turn ½ right stepping onto right (9:00)

ROCK FORWARD, REPLACE, LEFT COASTER, STEP FORWARD, ¼ PIVOT LEFT, STEP FORWARD, ¼ PIVOT LEFT

1-2-3&4 Rock forward left, rock back on right, step back left & step right beside left, step forward on left
5-6-7-8 Step forward right, pivot ¼ left, step forward right, pivot ¼ left (3:00)

CROSS, ¼ RIGHT, ROCK BACK, REPLACE, FULL TURN FORWARD LEFT, STEP FORWARD, ¼ PIVOT LEFT

1-2-3-4 Cross right over left, turn ¼ right stepping back onto left, rock back right, rock forward left (6:00)
5-6-7-8 Turn a full forward over left stepping right then left, step forward right, pivot ¼ left (3:00)
End weight left

CROSS, STEP SIDE, RIGHT SAILOR STEP, TOUCH BEHIND, ½ UNWIND LEFT, STEP FORWARD, ½ PIVOT LEFT

1-2-3&4 Cross right over left, step left to left, cross right behind left & rock left to left, rock center on right
5-6-7-8 Touch left toe behind right, unwind ½ left (end weight left), step forward right, pivot ½ left (3:00) end weight left

ROCK FORWARD, REPLACE, SHUFFLE BACK, ROCK BACK, REPLACE, TURN FORWARD ½ RIGHT, ¼ RIGHT

1-2-3&4 Rock forward right, rock back on left, shuffle back on right stepping right, left, right
5-6-7-8 Rock back on left, rock forward right, traveling forward turn ½ right stepping onto left, turn a further ¼ right ending with right to right side (12:00)
End weight on right

CROSS ROCK, REPLACE, STEP SIDE, CROSS, SIDE SHUFFLE ¼ RIGHT, ¼ ROCK RIGHT, REPLACE

1-2-3-4 Cross rock left over right, rock back on right, step left to left, cross right over left
5&6-7-8 Step left to left & step right beside left, step left to left turning ¼ right, turn a further ¼ right rocking right to right, replace weight on left (6:00)

CROSS, HOLD, BALL CROSS, STEP SIDE, BEHIND, HOLD, SIDE/ CROSS TOUCH, ¾ LEFT

1-2&3-4 Cross right over left, hold, stepping onto left cross right over left, step left to left
5-6&7-8 Cross right behind left, hold & stepping left to left cross touch right over left (weight left), unwind ¾ left (end weight left) (9:00)

ROCK FORWARD, REPLACE, COASTER, STEP FORWARD, ½ LEFT, ½ SHUFFLE LEFT

1-2-3&4 Rock forward right, rock back left, step back right & step left beside right, step forward on right
5-6-7&8 Step forward left, travel forward turn ½ left stepping onto right, turn a further ½ left to shuffle left, right, left

REPEAT

RESTART

On wall 3 dance to count 16 & start again

On wall 5 dance to count 56 & start again
