

Heartbreaker

拍數: 48 牆數: 0 級數:
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音樂: HeartBreak School - James Bonamy



TOUCH, TURN, TOUCH, TOGETHER, SYNCOPATED ROCK STEPS

- 1-4 Touch side right, step right next to left with $\frac{1}{4}$ right, touch side left, step left next to right
5&6 Rock forward on right, rock back on left, step right next to left
7&8 Rock back on left, rock forward on right, touch left next to right

SYNCOPATED SAILOR STEPS

- 1&2 Cross left behind right, step side right, touch left diagonal forward left with knee pop
&3&4 Transfer weight to left, repeat 1&2 with opposite footwork
&5&6 Transfer weight to right, cross left behind right, step side right, step left diagonal back
7&8 Cross right behind left, step side left, step right diagonal forward

SWIVEL STEPS, HOOK, TURN, SWIVEL STEPS, HOOK, TURN

- 1 On ball of right turn body to face left diagonal stepping left forward
2 On ball of left turn body to face right diagonal stepping right forward
3 Hook left behind right, bending knees slightly
4 Unwind $\frac{1}{2}$ turn left standing up again
5-8 Repeat 1-4 on opposite footwork

TOUCHES WITH ARM MOVEMENTS, KNEE ROLLS

- 1&2& Touch side right, step right next to left, touch side left, step left next to right
3 Touch side right while punching right arm straight up
& Bring arm down to chest level with elbow bent and down
4 Punch right arm straight down while bending over slightly, right foot is still touched side right
5 Pull right arm up, bending the elbow still staying slightly bent over
6 Push left hand straight down, palm facing floor "to push body to upright position"
7&8 (While dragging right foot in) roll right knee in, roll right knee out, step right next to left

TWISTING BODY ROLL, KICK & TAP

- 1-2 Body roll starting from the head and twisting $\frac{1}{4}$ turn left (leading with the left shoulder) ending with the weight on right foot, left foot touched in front
3-4 Body roll up, shifting the weight to the left foot & touch right next to left
5& Kick right foot diagonal right, step on right foot in front of left completing a $\frac{1}{4}$ turn right
6& Tap left toes behind & on the right side of the right foot, shift weight back to the left foot
7&8 Kick right foot diagonal left, step on right foot in front of left, touch left next to right

KICK & TAP, TOUCHES WITH "ROPE TRICK"

- 1& Kick left foot diagonal right, step on left foot in front of right
2& Tap right toes behind & on the left side of the left foot, shift weight back to the right foot
3&4 Kick left foot diagonal right, step on left foot in front of right, touch right next to left
5 Touch side right while extending right arm across body to left making a fist
6 Pull right arm back to the right at chest level (like pulling a rope) while shifting weight to the right
&7 Step left next to right, touch side right while extending right arm across body to left making a fist
8 Pull right arm back to the right at chest level bringing right arm down while shifting weight to the right and bringing left next to right at the same time (weight on left)

REPEAT
