

# Heart Attack

拍數: 0                      牆數: 4                      級數: Improver  
編舞者: Maxime "Maverick" Baguley (UK)  
音樂: Broken Heart Attack - The Cheap Seats



Sequence: AAB AAB to end.

## SECTION A

### SHUFFLE FORWARD TWICE, ROCK TWICE, SHUFFLE BACK TWICE, ROCK TWICE

1&2                      Shuffle forward on right (right-left-right)  
3&4                      Shuffle forward on left (left-right-left)  
5-6                      Rock forward onto right, rock weight back onto left  
7&8                      Shuffle back on right (right-left-right)  
1&2                      Shuffle back on left (left-right-left)  
3-4                      Rock back onto right, rock forward onto left

### RIGHT TOE, HEEL, TOE, HEEL, CHASSE RIGHT

5-6                      Touch right toe (in left instep), touch right heel on right diagonal  
7-8                      Touch right toe (in left instep), touch right heel on right diagonal  
1&2                      Chasse/shuffle to right (right-left-right),

### LEFT TOE, HEEL, TOE, HEEL, CHASSE LEFT

3-4                      Touch left toe (in right instep), touch left heel on left diagonal  
5-6                      Touch left toe (in right instep), touch left heel on left diagonal  
7&8                      Chasse/shuffle to left (left-right-left)

### ROCK, ROCK, ROCK, HOP, ROCK, ROCK, ROCK, HOP

1-2                      Step/rock forward onto right, rock back onto left  
3-4                      Rock forward onto right, hop on right (gently hitch left)  
5-6                      Step/rock back onto left, rock forward onto right  
7-8                      Rock back onto left, hop on left (gently hitch right)

REPEAT ALL OF SECTION A

## SECTION B

### KICK, FLICK-TURN, STOMP, STOMP, HEEL SWIVEL

1-2                      Kick right forward,  $\frac{1}{4}$  pivot left & flick right foot behind (bending right knee)  
3-4                      Stomp right foot forward, stomp left foot back (so toes are slightly splayed out)  
5-6                      Swivel both heels outwards, return heels to center (optional-shrug shoulders up, then release)

### HIPS RIGHT TWICE, HIPS LEFT TWICE, CIRCLES TWICE

7-8                      Bump hips to right/diagonal twice  
1-2                      Bump hips to left/diagonal twice  
3-6                      Circle hips to the left twice (end with weight on left)

REPEAT