

Heartache Survivor

COPPER **NOB**
BY STEPHEN

拍數: 64 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK)
音樂: It's a Heartache - Bonnie Tyler



ROCKS: FORWARD-BACKWARD, SHUFFLE BACKWARD, ROCKS: BACKWARD-FORWARD, SHUFFLE FORWARD

1-2 Rock forward onto right foot, rock backward onto left foot
3&4 Step backward onto right foot, close left foot next to right, step backward onto right foot
5-6 Rock backward onto left foot, rock forward onto right foot
7&8 Step forward onto left foot, close right foot next to left, step forward onto left foot

SIDE, ½ LEFT, SIDE, TRIPLE STEP FULL TURN RIGHT, SYNCOPATED WEAVE

9-10 Step right foot to right side, turn ½ left & step left foot to left side
11&12 Moving right: triple step full turn right stepping - right, left-right
13-14 Cross step left foot over right, step right foot to right side
15&16 Step left foot behind right, step right foot to right side, cross step left foot over right

ROCKS: FORWARD-BACKWARD, SHUFFLE BACKWARD, ROCKS: BACKWARD-FORWARD, SHUFFLE FORWARD

17-24 Repeat counts 1-8

SIDE, ½ LEFT, SIDE, TRIPLE STEP FULL TURN RIGHT, SYNCOPATED WEAVE

25-32 Repeat counts 9-16

SIDE TOUCH, ¼ LEFT, FORWARD, SHUFFLE FORWARD, FORWARD, ½ LEFT, BACKWARD, SHUFFLE BACKWARD

33-34 Touch / point right foot to right side, turn ¼ left & step forward onto right foot
35&36 Step forward onto left foot, close right foot next to left, step forward onto left foot
37-38 Step forward onto right foot, turn ½ left & step backward onto left foot
39&40 Step backward onto right foot, close left foot next to right, step backward onto right foot

BACKWARD, PIVOT ½ LEFT, SHUFFLE BACKWARD, BACKWARD, ½ LEFT FORWARD, SHUFFLE FORWARD

41-42 Step backward onto ball of left foot, pivot ½ left & drop left heel to floor, (weight ending on right foot)
43&44 Step backward onto left foot, close right foot next to left, step backward onto left foot
45-46 Step backward onto right foot, turn ½ left & step forward onto left foot
47&48 Step forward onto right foot, close left foot next to right, step forward onto right foot

ROCKS: FORWARD-BACKWARD, ¼ LEFT COASTER STEP, 2X SIDE ROCK, CROSS SHUFFLE

49-50 Rock forward onto left foot, rock backward onto right foot
51&52 Turn ¼ left & step backward onto left foot, step right foot next to left, step forward onto left foot
53-54 Rock right foot to right side, rock onto left foot
55&56 Cross step right foot over left, step left behind right, cross step right foot over left

2X SIDE ROCKS-CROSS SHUFFLE, SIDE ROCKS, ¼ LEFT TOE TOUCH

57-58 Rock left foot to left side, rock onto right foot
59&60 Cross step left foot over right, step right foot behind left, cross step left foot over right
61-62 Rock right foot to right side, rock onto left foot
62&64 Rock onto right foot, rock onto left foot, turn ¼ left & touch right toe to floor

REPEAT

TAG

After the 2nd and 4th walls when dancing to "It's A Heartache"

- 1-2 Step right foot to right side, step left foot behind right
- 3&4 Step right foot to right side, cross step left foot over right, step right foot to right side
- 5-6 Turn $\frac{1}{4}$ left & step left foot to left side, step right foot behind left
- 7&8 Step left foot to left side, cross step right foot over left, step left foot to left side
- 9-10 Turn $\frac{3}{4}$ left & step right foot to right side, step left foot behind right
- Option:**
- 9-10 Turn $\frac{1}{4}$ right & step right foot to right side, step left foot behind right
- 11&12 Step right foot to right side, cross step left foot over right, step right foot to right side
- 13-14 Turn $\frac{1}{4}$ right & step left foot to left side, step right foot behind left
- 15&16 Step left foot to left side, cross step right foot over left, step left foot to left side & turn $\frac{1}{4}$ right
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