

Broken Heelz

拍數: 64 牆數: 2 級數: Beginner
編舞者: Paul Clifton (UK) - January 2010
音樂: Broken Heels - Alexandra Burke : (Album: Overcome)



Intro 48 counts

S1: HEEL DIGS R,L,R, RIGHT HOOK, RIGHT HEEL DIG, TOGETHER.

1-4 Dig right heel forward, Step right next to left, Dig left heel forward, Step left next to right.
5-8 Dig right heel forward, Hook right heel across left shin, Dig right heel forward, Step right next to left

S2: HEEL DIGS L,R,L, LEFT HOOK, LEFT HEEL DIG, TOGETHER.

1-4 Dig left heel forward, Step left next to right, Dig right heel forward, Step right next to left.
5-8 Dig left heel forward, Hook left heel across right shin, Dig left heel forward, Step left next to right.

S3: RIGHT VINE, TOUCH, HIP BUMPS, L,R,L,R.

1-4 Step right to right side, Step left behind right, Step right to right side, Touch left next to right.
5-8 Touch left to left diagonal bumping hips L,R,L,R.

S4: LEFT VINE, TOUCH, PADDLE ½ TURN LEFT.

1-4 Step left to left side, Step right behind left, Step left to left side, Touch right next to left.
5-6 Making ¼ turn left on left point right to right side, Hitch right knee slightly across left.
7-8 Repeat counts 5-6.

S5: RIGHT LOCK STEP, SCUFF, LEFT ROCKING CHAIR.

1-4 Step right forward, Lock left behind right, Step right forward, Scuff left heel forward.
5-8 Rock forward on left, Recover onto right, Rock back on left, Recover onto right.

S6: LEFT LOCK STEP, SCUFF, RIGHT ROCKING CHAIR.

1-4 Step left forward, Lock right behind left, Step left forward, Scuff right heel forward.
5-8 Rock forward on right, Recover onto left, Rock back on right, Recover onto left.

Restart here wall 4 facing 12oclock.

S7: STEP, HOLD & CLAP, PIVOT ½ TURN LEFT, HOLD & CLAP X 2

1-4 Step right forward, Hold & clap, Pivot ½ turn left, Hold & clap.
5-8 Repeat counts 1-4

S8: KICK JAZZ BOX RIGHT & LEFT.

1-4 Kick right to right diagonal, Cross right over left, Step back on left, Step right to right side.
5-8 Kick left to left diagonal, Cross left over right, Step back on right, Step left to left side.

TAG : At the end of wall 7 facing 6oclock perform the following 8 counts.

STEP ½ PIVOT X 2 (Because the track is fast the holds are not that obvious)

1-4 Step right forward, Hold, Pivot ½ turn left, Hold.
5-8 Repeat counts 1-4

(after the tag restart facing 6oclock.)