

Broken Hearted Girl

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - March 2010
音樂: Broken-Hearted Girl - Beyoncé



Start dance 16 counts in on vocals.

S1: Step Side, Rock Replace, Side Rock Replace, ¼ Full Turn R, R Lock Back

1-2&3 Step R to R side, rock back on L slightly behind R, replace weight to R, step L to L side
4&5 Rock back on R slightly behind L, replace weight to L, making ¼ turn R step fwd on R
6&7 Step fwd on L, pivot ½ turn R, spinning on R make a further ½ turn R and step back on L
8&1 Step back on R, lock L over R, big step back on R dragging L back towards R (3)

S2: Coaster, Walk Walk, R Lock, Step, Press Sweep

2&3,4-5 L coaster step, walk fwd R,L
6&7 R lock fwd
8&1 Step fwd on L, bending L knee slightly press fwd on R, push up off of R replacing weight to L straightening L leg at same time sweep R out to side to bring it back (3)

S3: R Shuffle Back, Triple Full Turn L, Weave

2&3,4&5 R shuffle back, triple full turn L on the spot stepping L,R,L
6&7&8& Cross R behind L, step L to L side, cross R over L, step L to L side, cross R behind L, step L to L side (3)

S4: Cross Rock Replace Side X2, Step Fwd, Triple Full Turn, Mambo ¼

1-2& Cross rock R over L, replace weight to L, small step R to R side
3-4& Cross rock L over R, replace weight to R, small step L to L side
5-6&7 Step fwd on R, triple full turn R stepping L,R,L travelling fwd slightly
8&1 Rock fwd on R, replace weight to L, making a ¼ turn R step R out to R side (RESTART HERE WALL 5) (6)

S5: Over Side Behind, Behind Side Cross, Sway Sway, Triple Full Turn

2&3 Cross L over R, small step R to R side, cross L behind R at same time sweep R out to side and back
4&5 Cross R behind L, small step L to L side, cross R over L
6-7 Step L out to L side swaying weight on to it, sway over to R side
8&1 Triple full turn L stepping L,R,L travelling to L side (6)

S6: Sway Sway, Sailor ¼ Turn, L Lock, R Lock, ¼ Turn R Stepping Side L

2-3 Step R to R side swaying weight on to it, sway over to L side
4&5 Cross R behind L, making a ¼ turn R do small step to L side on L, small step fwd with R
6&7&8&1 Step fwd on L, lock R behind L, step fwd L, step fwd on R, lock L behind R, step fwd on R, making ¼ turn R step L to L side (12)

S7: "Twinkles" Back Point, Behind Side Step

2&3 Cross R over L, small step back to L diagonal, step R to R side,
4&5 Cross L over R, small step back to R diagonal, step L to L side
6-7 Step back on R, point L to L side
8&1 Cross L behind R, small step R to R side, step fwd on L (12)

S8: Rock Fwd Replace, Shuffle Back, Tap Back ½ Turn, ¼ Rock Replace

2-3,4&5 Rock fwd on R, replace weight to L, shuffle back on R
6-7 Touch L toe back, make ½ turn L stepping fwd on L
8& Making a further ¼ turn L rock out to R side, replace weight to L (3)

RESTART: Just the one on wall 5. You'll start wall 5 facing 12 o'clock wall. Dance up to section 5. You'll get to the end of section 5, the mambo ¼ turn and the "1" count will now become the start of the dance again facing the 6 o'clock. Wall.

ENDING: Will come in on wall 7. You'll be facing the 9 o'clock wall. The music will start to calm down, just continue dancing up to the coaster step in section 2; this will bring you to the 12 o'clock wall. Finish the coaster step with a big step fwd on the L and drag R up to it. Hold

Have fun & thanks for looking at our dance. Luv T&V xx

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