

Breaking Hearts

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - April 2010
音樂: Next Best Thing - Nikki & Rich : (CD: New Single 2010)



Intro 32 count, start after the words "Let's Go Back To The Beginning" (20 sec)

Sec 1: Back, Down Up, Kick Fwd, Back, Back, Down Up, Back, Coaster step, Lock Step Fwd

- 1&2& Step back on Rf and dip body down, coming up, and kick forward on Lf, step back on Lf weight onto Lf (12:00)
3&4& step back on Rf, dip body down, coming up, and step back on Lf weight onto Lf
5&6 Step back on Rf, close Lf next to Rf, and step forward on Rf weight onto Rf
7&8 Step forward on Lf, lock Rf behind Lf, and step forward on Lf weight onto Lf (12:00)

Sec 2: Cross Samba (Right) With 1/4 Turn R, Cross, Side, Behind, Side Rock / Recover, 1/4 Turn R, Back, Lock Step Back,

- 1&2 Cross step Rf over Lf, step Lf to the left side & slightly forward with 1/4 turn right (3), step Rf to the right side & slightly forward weight onto Rf
3&4 Cross Lf over Rf, step Rf to the right side, and step Lf behind Rf weight onto Lf
5&6 Mambo Rf to the left side, recover on Lf, make a 1/4 turn right (6) and step back on Rf weight onto Rf
7&8 Step back on Lf, lock Rf forward Lf, and step back on Lf weight onto Lf (6:00)

Sec 3: Heel Grind 1/4 Turn R, Back, Side, Behind, Side Rock / Recover, 1/4 Turn R, Back, Coaster step

- 1&2 Heel grind with Rf (toes from left to right) ¼ turn right (9), Step Lf back, and step back on Rf weight onto Rf
3&4 Cross Lf over Rf, step Rf to the right side, and step Lf behind Rf weight onto Lf
5&6 Mambo Rf to the left side, recover on Lf, make a 1/4 turn right (12) and step back on Rf weight onto Rf
7&8 Step back on Lf, close Rf next to Lf, and step forward on Lf weight onto Lf (12:00)

Sec 4: Penguin Move (with hand movement), Back, 1/4 Turn R, Side, Cross, Point & Point, Together, Side, Drag, Together

- 1&2& Step Rf next to Lf take weight onto both feet and bending on both knees, coming up, and bending on both knees, coming up weight onto both feet (12:00)

Note: When you do the knee bending movements, on the same time bring your R hand palm fwd on R hip high (But holding your R arm stretch), then move your hand up & down.

- 3&4 Step back on Lf, make a 1/4 turn right (3) and step Rf to the right side, and cross Lf over Rf weight onto Lf
5&6& Point Rf out to the right side, step Rf next to Lf, and point Lf out to the left side, step Lf next to Rf and take weight onto both feet
7-8 Step Lf big to the left side and drag on your Lf, and step Rf next to the Lf take weight onto both feet (3:00)

Sec 5: Side, Stomp, Side, Stomp, Side, Together, Side, Touch, Side, Stomp, Side, Stomp, 1/4 Turn L Step Fwd, 1/2 Turn L, Back, Back

- 1&2& Step Rf out to the right side, and stomp Lf next to Rf, step Lf out to the left side, and stomp Rf next to Lf
3&4& Step Rf to the right side, step Lf next to Rf, and step Rf to the right side, and touch Lf next to Rf
5&6 Step Lf out to the left side, and stomp Rf next to Lf, step Rf out to the right side, and stomp Lf next to Rf weight onto both feet
7&8 Making a 1/4 turn left (12) and step forward on Lf, continue 1/2 turn left (6) and step back on Rf, and step back on Lf weight onto Lf

Sec 6: Heel Grind R, Vine Left, Heel Grind 1/4 Turn R, Together, Heel Grind L, Vine Right, Heel Grind L, Together

- 1&2& Cross Rf over Lf grinding right heel, Step Lf to left side, Cross Rf behind Lf, Step Lf to left side weight onto Lf
- 3&4 Heel grind with Rf (toes from left to right) ¼ turn right (9), step Lf back, and step Rf next to Lf take weight onto Rf
- 5&6& Cross Lf over Rf grinding left heel, Step Rf to the right side, Cross Lf behind Rf, and step Rf to the right side weight onto Rf
- 7&8 Heel grind with Lf (toes from right to left), step Rf back, and step Lf next to Rf take weight onto both feet (9:00)

Start Again And Have Fun!

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