

# Tearin' Up My Heart

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: George Archer (UK) - February 2011  
音樂: Tearin' Up My Heart - \*NSYNC



Intro: Start at first verse: 00:28

## HOOK, POINT BACK, STEP-LOCK-STEP, ROCK STEP, ½ TURN STEP, ¼ TURN HOP

1-2      Hook right foot in front of left, Point right foot behind  
3&4      Step forward on right, lock left behind, forward on right  
5-6      Rock forward on left and recover on right, ½ left  
7-8      Step forward on left ¼ turn left and hop on left foot

## SAILOR STEP ¼ TURN LEFT, STEP, STEP ¼ TURN, SAILOR STEP ¼, HOP, HEEL

&1&2      Land on right foot, cross left foot behind left, step to side with right, ¼ turn left and step forward on left  
3-4      Step right forward, step left forward and ¼ turn right  
5&6      Cross right behind left, step left side, ¼ turn right, step right forward  
7&8      ¼ turn right, hop on right foot, land on left, stick right heel to side

## HEEL, POINT BACK ½ TURN, KICK, POINT, POINT, BOX ¼ TURN

&1&2      Recover stepping right together, left heel in front, recover left, point right behind  
3-4      ½ turn right, put weight on right foot, kick left forward  
&5&6      Recover left, point right to side, recover, point left to side  
7&8      Cross left over right, step right back, ¼ left, step left forward

## STEP, SHUFFLE, KICK- ½ TURN- KICK, COASTER STEP, STEP

1-2&3      Step right forward, step left in front, bring right together, step left forward  
4-5      Kick right in front, (keeping right leg in the air) ½ turn right, kick right in front  
6&7-8      Step right back, left together, right in front, step left forward

**REPEAT**

**RESTART: On 4th wall complete first two sections and start again after hop.**