

Me And My Broken Heart

COPPER KNOB
STEPPEDETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Bente Kongstad (DK) - September 2011
音樂: Me And My Broken Heart - Hush : (CD: Dark Horse)



Intro: 16 counts

Chassé R with back rock, chassé L with back rock

1&2 Step R to R side, step L beside R, step R to R side
3-4 Rock back L, recover R
5&6 Step L to L side, step R beside L, step L to L side
7-8 Rock back R, recover L (facing 12 o'clock)

Kickball change x 2, step ½ turn L, stomp R, stomp L

1&2 Kick R fw, step R beside L, step L beside R
3&4 Kick R fw, step R beside L, step L beside R
5-6 Step forward on R, make ½ turn L (weight on L)
7-8 stomp R, stomp L (facing 6 o'clock)

Weave L with point, weave R with point

1-2 Cross R over L, step L to L side
3-4 Cross R behind L, point L to L side
5-6 Cross L over R, step R to R side
7-8 Cross L behind R, point R to R side (facing 6 o'clock)

Jazzbox ¼ , rocking chair

1-2 Cross R over L, step back on L
3-4 Step R to R side turning ¼ R, step L next to R
5-6 Rock forward on R, recover weight on L
7-8 Rock back on R, recover weight on L (facing 3 o'clock)

There are 4 easy restarts:

During wall 3, dance until count 16, then restart dance (facing 12 o'clock)

During wall 6, dance until count 16, then restart dance (facing 12 o'clock)

During wall 8, dance until count 24, then restart dance (facing 3 o'clock)

During wall 10, dance until count 16, then restart dance (facing 6 o'clock)

Ending: on wall 10. Dance until count 20 (facing 6 o'clock) then cross L in front of R, an make a ½ turn unwind R