

# Heartbreak on Hold

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Daniel Whittaker (UK) - June 2012  
音樂: Heartbreak On Hold - Alexandra Burke : (iTunes)



**Start:** Start on 16 counts from when music starts. (anti-clockwise direction)

**Notes:** 1 restart needed on during wall 1 after 48 counts restart from the beginning facing 3:00 wall

## [1-8] Touch out-in, chasse, rock step, ¼ turn together

1-2            Touch right to right side, touch right beside left 12:00  
3&4           Step right to right, close left to right, step right to right side 12:00  
5-6           Rock left over right, recover weight on to right 12:00  
7-8           Step left ¼ turn forward left, close right beside left 9:00

## [9-16] Step back, bump hips, kick coaster step, walk forward left, right

1-4           Step left foot back push hips back, forward, back, kick right foot forward 9:00  
5&6           Step right foot back, close left to right, step right foot forward 9:00  
7-8           Walk forward left, right 9:00

## [17-24] Step tap, ¼ turn, ½ turn point

1-2           Step left foot forward, touch right beside left 9:00  
&3-4          Step right foot back, step left foot forward, make ¼ turn right 12:00  
5-6           Cross left over right, make ¼ turn left stepping right back 9:00  
7-8           Make ¼ turn left step left to left side, point right out to right side 6:00

## [25-32] Cross over, ½ turn chasse, jazz box

1-2           Cross right over left, make ¼ turn right stepping left foot back 9:00  
3&4           Make ¼ turn right step right to right, close left to right, step right to right 12:00  
5-8           Cross left over right, step right foot back, step left to left side, touch right next to left 12:00

## [33-40] Step forward tap & heel, & step lock step touch

1-2           Step right forward, touch left behind right 12:00  
&3-4          Step left foot back, touch right heel forward, HOLD 12:00  
&5-6          Step right beside left, step left foot forward towards diagonal, lock right behind left 10:00  
7-8           Step left towards left diagonal, make ¼ turn right touching right heel towards right diagonal  
3:00

## [41-48] & cross ¼ turn, shuffle ¾ turn, side touch right & left

&1-2          Step right beside left, cross left over right, ¼ turn left stepping right back 12:00  
3&4           Continue going round a further ¾ turn left stepping left, right left 3:00  
5-6           Step right to right side, touch left beside right 3:00  
7-8           Step left to left side, touch right beside left \*\*RESTART NEEDED HERE DURING WALL 1\*\*  
3:00

## [49-56] Step lock, step lock step step, rock step, coaster step

1-2           Step right foot forward, lock left behind right 3:00  
3&4           Step right forward, lock left behind right, step right foot forward 3:00

**Note for styling:** on counts 1-2 use your shoulders; push left up, right down on count 1 then on count 2 push right up, and left down,

**then do the same movements for counts 3&4 but double time instead of single time**

5-6           Rock left foot forward, recover weight on to right 3:00  
7&8           Step left foot back, close right to left, step left foot forward 3:00

**[57-64] Jazz box ¼ turn, cross over, monterey ¼ turn**

- 1-4 Step right foot over left, ¼ turn right step left foot back, step right to side, cross left over right  
6:00
- 5-6 Touch right to right side, step right next to left making ¼ turn right 9:00
- 7-8 Touch left to left side, step left beside right 9:00

**END OF DANCE**

Contact: [www.dancefeveruk.com](http://www.dancefeveruk.com) - [daniel.whittaker@dancefeveruk.com](mailto:daniel.whittaker@dancefeveruk.com) - Mobile Number: 07739 352209

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