

Broken Heart

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Adrian Lefebour (AUS) & Jennifer Hughes (AUS) - October 2012
音樂: Dancing With a Broken Heart - Delta Goodrem : (iTunes)



8 Count intro

[1-8] STEP, ROCK, STEP, ROCK, BACK LOCK BACK, STEP, ROCK

1,2 Step R back, Rock fwd on L
3,4 Step R fwd, Rock back on L
5&6 Step R back, Step L across R, Step R back
7,8 Step L back, Rock fwd on R 12.00

[9-16] FULL TURN FWD, 1/4 PIVOT TURN, ACROSS, SIDE, 1/4 TURN CROSS SAMBA

1,2 1/2 Turn R step L back, 1/2 Turn R step R fwd
3,4 Step L fwd, 1/4 Pivot Turn R (weight on R) 3.00
5,6 Step L across R, Step R to R side
7&8 Step L across R, 1/4 Turn L step R slightly back, step L fwd 12.00

[17-24] STEP, LOCK STEP, STEP, ROCK, 1/2 TURN, 1/4 TURN, SAILOR STEP

1,2 Step R fwd, Lock step L behind R
3,4 Step R fwd, Rock back on L
5,6 1/2 Turn R step R fwd, 1/4 Turn R step L to L side 9.00
7&8 R Sailor Step

[25-32] STEP BEHIND, 1/4 TURN, 1/2 PIVOT, STEP, ROCK, 3/4 TURN TRIPLE STEP

1,2 Step L behind R, 1/4 Turn R step R fwd
3,4 Step L fwd, 1/2 Pivot Turn R (weight on R) 6.00
5,6 Step L fwd, Rock back on R (*)
7&8 Turning 3/4 L Step L, R, L 9.00

[33-40] CROSS SAMBA, CROSS, 1/4 TURN, STEP, ROCK, FULL TURN FWD

1&2 Step R across L, Step L to L side, Step R to R side
3,4 Step L across R, 1/4 Turn L Step back on R 6.00
5,6 Step L back, Rock fwd on R
7,8 1/2 Turn R step L back, 1/2 Turn R step R fwd 6.00

[41-48] 1/4 PIVOT TURN, CROSS SHUFFLE, 1/4 TURN, 1/4 TURN, STEP, TOGETHER

1,2 Step L fwd, 1/4 Pivot Turn R (weight on R) 9.00
3&4 Step L across R, Step R to R side, Step L across R
5,6 1/4 Turn L Step back on R, 1/4 Turn L Step L to L side
7,8 Step fwd on R, Step L next to R (weight on L) 3.00

START AGAIN

TAG 1: End of Wall 1 (2 counts) – Kick R fwd, Step on the ball of R, Step L fwd (Start dance again)

TAG 2: End of Wall 6 (4 counts) – Step R back, Rock fwd on L, Step R fwd, Rock back on L (Start dance again)

FINISH: On Wall 9 dance to count 30 (*) then 1/2 Turn L Step fwd on L, Stomp/Step R beside L

