

Give Your Heart a Break

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Gudrun Schneider (DE) - October 2012
音樂: Give Your Heart a Break - Demi Lovato



Begin dance after 16 count

Rolling vine l, touch, kick ball cross, side behind

1-4 three step to left with left full turn (l-r-l) and touch
5&6 kick right diagonal forward to right side, right beside left, cross step left over right
7-8 step right to right side, cross step left behind right

Shuffle forward r with ¼ turn r, step, ½ turn r, step, full turn l, side

1&2 cha cha right with ¼ turn to right side
3-4 step left forward, ½ turn right
5-6 step left forward with ½ turn left, step right back
7-8 ½ turn on right to left side, step left forward, step right to right side

Back, cross, side, behind, side, cross, side, sailor shuffle turning ¼ R

1-2 step left back, cross step right over left
3 step left to left side
4&5 cross step right behind left, step left to left side, cross step right over left
6 step left to left side
7&8 Cross step right behind left with ¼ turn, step right to right side, step right forward

Rock forward, rock back, step ½ turn r 2x

1-2 rock left forward, recover (weight to right)
3-4 rock left back, recover (weight to right)
5-6 step left forward, ½ turn right
7-8 step left forward, ½ turn right

Rock forward & heel-hold & rock forward, coaster step

1-2 rock left forward, recover (weight to right)
&3-4 left beside right, heel right, hold
&5-6 right beside left, rock left forward, recover (weight to right)
7&8 step left back, right beside left, step left forward

Side point with ¼ turn r, side point with ¼ turn l, side point r, side point with ¼ turn r

1-2 right toe tap to right, ¼ turn to right, right beside left
3-4 left toe tap to left, ¼ turn left, left beside right
5-6 right toe tap to right, right toe tap beside left
7-8 right toe tap to right, ¼ turn to right

On the second and fifth walls, dance following steps:

7-8 right toe tap to right, right beside left (weight to right)

Restart

Back rock, kick ball cross, side rock r, cross shuffle

1-2 rock right back, recover (weight to left)
3&4 kick right diagonal forward to right side, right beside left, cross step left over right
5-6 rock right side, recover (weight to left)
7&8 cross step right over left, left beside right, cross step right over left

¼ turn R, side R, cross, kick R, jazz box with touch

1-2 step left back with ¼ turn to right, step right to right side

3-4 cross step left over right, kick right diagonal forward to right side

5-6 cross step right over left, step left back

7-8 step right forward, left tap beside right

Have Fun
