

My Breaking Heart

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Scott Schrank (USA) - December 2012
音樂: The Sound of My Breaking Heart - K'naan : (CD: Country, God Or The Girl - iTunes)



Start: 32-Count Intro

Phrasing: 1 Restart and 2 Four Count Tags (32-Tag-64-64-Tag-64 to Finish)

[1-8] WIZARD STEP X 2, ROCK, RECOVER, TRIPLE 1/2 TURN RIGHT

1-2& Step R foot diagonally right (1), Step ball of L foot behind R foot (2), Step R foot diagonally right (&)
3-4& Step L foot diagonally left (3), Step ball of R foot behind L foot (4), Step L foot diagonally left (&)
5-6 Rock R foot forward (5), Recover weight back to L foot (6)
7&8 Triple step in place making 1/2 turn right (R-L-R) (7&8) (6:00)

[9-16] WIZARD STEP X 2, ROCK, RECOVER, TRIPLE 3/4 TURN LEFT

1-2& Step L foot diagonally left (1), Step ball of R foot behind L foot (2), Step L foot diagonally left (&)
3-4& Step R foot diagonally right (3), Step ball of L foot behind R foot (4), Step R foot diagonally right (&)
5-6 Rock L foot forward (5), Recover weight back to R foot (6)
7&8 Triple step in place making 3/4 turn left (L-R-L) (7&8) (9:00)

[17-24] STEP, PIVOT, CROSS-BALL-CROSS, TURN, TURN, CROSS-BALL-CROSS

1-2 Step R foot forward (1), Pivot 1/4 turn left on balls of both feet (2) (Weight the L foot) (6:00)
3&4 Cross step R foot over L foot (3), Step L foot L (&), Cross step R foot over L foot (4)
5-6 Make 1/4 turn right stepping back on L foot (5), Make 1/4 right stepping R foot right (6) (12:00)
7&8 Cross step L foot over R foot (7), Step R foot R (&), Cross step L foot over R foot (8)

[25-32] SWAY, SWAY-BALL-CROSS, SIDE, TAP, KICK-BALL-CROSS, SIDE

1-2 Step R foot right while swaying hips right (1), Sway hips left (2)
&3-4 Step ball of R foot behind L foot (&), Cross L foot over R foot (3), Step R foot right (4)
5-6 Tap L toes next to R foot (5), Kick L foot slightly left (6),
&7-8 Step Ball of L foot back past R foot (&), Cross step R foot over L foot (7), Step L foot left (8)

(Restart happens here plus four count tag)

[33-40] SCOOP, TOUCH, SCOOP, TOUCH, SCOOP, TOUCH, SCOOP, TOUCH

1-2 While making a 1/4 turn right, scoop down and step R foot right (1), Straighten up and touch L toes next to R foot (2) (3:00)
3-4 While making a 1/4 turn right, scoop down and step L foot left (3), Straighten and touch R toes next to L foot (4) (6:00)
5-6 While making a 1/4 turn right, scoop down and step R foot right (5), Straighten and touch L toes next to R foot (6) (9:00)
7-8 Scoop to the left stepping L foot left (7), Straighten and touch R toes next to L foot (8) (9:00)

(Styling Note: Every time you "Scoot down", both elbows go out. On the "Up motion", hands come to the front and snap your fingers)

[41-48] SIDE, BEHIND & HEEL & CROSS, SIDE, BEHIND & HEEL & CROSS

1-2& Step R foot right (1), Step ball of L foot behind R foot (2), Step R foot slightly right (&)
3&4 Touch L heel diagonally left (3), Step L foot slightly back (&), Cross step R foot over L foot

5-6& Step L foot left (5), Step ball of R foot behind L foot (6), Step L foot slightly left (&
7&8 Touch R heel diagonally right (7), Step R foot slightly back (&), Cross step L foot over R foot
(8)

[49-56] SCOOP, TOUCH, SCOOP, TOUCH, SCOOP, TOUCH, SCOOP, TOUCH

1-2 Scoop to the right stepping R foot right (1), Straighten and touch L toes next to R foot (2)
(9:00)
3-4 While making a 1/4 turn left, scoop down and step L foot left (3), Straighten and touch R toes
next to L foot (6) (6:00)
5-6 While making a 1/4 turn left, scoop down and step R foot right (5), Straighten and touch L
toes next to R foot (6) (3:00)
7-8 Scoop to the left stepping L foot left (7), Straighten and touch R toes next to L foot (8) (3:00)
**(Styling Note: Every time you Scoot down, both elbows go out with palms of both hands facing down. On the
Up motion, cross hands in a fist over the chest)**

[57-64] ROCK, RECOVER, BACK, CROSS, BACK, 1/4 TURN, STEP, PIVOT 1/2

1-2 Rock forward on R foot (1), Recover weight to L foot (2)
3-4 Step back on R foot (3), Cross L foot over R foot (4)
5-6 Step back on R foot (5), Make 1/4 turn left stepping forward on L foot (6) (12:00)
7-8 Step forward on R foot (7), Pivot 1/2 turn left on balls of feet (8) (6:00)

TAGS: -

**The first Tag happens after the first 32 counts of the dance (Facing 12:00).
Do the Tag, and then Start the dance from the beginning.**

The second Tag comes at the End of the Second full rotation of 64 counts (Facing 12:00).

1-4 Rock forward on R Foot (1), Recover weight to L foot (2), Rock back on R foot (3), Recover
weight to L foot (4)

**(Styling: Hold both hands over the heart as you rock while tapping your chest)
Start the dance again**

**Finish: On your last wall, do the first 32 counts of the dance as written. You will be facing 12:00. Place hands
of your heart and tap your chest.**

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