

Broken Heart

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Nathan Gardiner (SCO) - June 2014
音樂: Me and My Broken Heart - Rixton



Intro: 36 counts

WALK, WALK, STEP TURN STEP, FULL TURN, MAMBO STEP

1-2 Walk forward on right, Walk forward on left
3&4 Step forward on right, Turn 1/2 left, Step forward on right
5-6 Turn 1/2 right stepping back on left, Turn 1/2 right stepping forward on right
7&8 Rock forward on left, Recover on right, Step back on left

COASTER STEP, LEFT LOCK STEP, STEP, 1/4 LEFT, STEP, STEP TURN CROSS

1&2 Step back on right, Step left next to right, Step forward on right
3&4 Step forward on left, Lock right behind left, Step forward on left
5&6 Step forward on right, Turn 1/4 left, Step forward on right
7&8 Step forward on left, Turn 1/2 right, Step forward on left

ROCK OUT CROSS, STEP 1/4 STEP, & STEP TOUCH, STEP BACK, KICK, COASTER STEP

1&2 Rock out to right side, Recover on left, Cross step right over left
3&4 Step left to left side, Turn 1/4 right, Step forward on left
&5&6 Step right next to left, Step forward on left, Touch right next to left, Step back on right
&7&8 Kick left forward, Step back on left, Step right next to left, Step forward on left

& ROCK FORWARD, RECOVER, SAILOR 1/4 LEFT, CROSS SHUFFLE, STEP TURN, ROCK TURN 1/4

&1-2 Step right next to left, Rock forward on left, Recover on right
3&4 Step left behind right, Turn 1/4 left stepping right to right side, Step left to left side
5&6 Cross step right over left, Step left to left side, Cross step right over left
7&8 Step forward on left, Turn 1/2 right, Rock forward on left
&1 Recover on right, Turn 1/4 left stepping forward on left

WALK, WALK, STEP TURN STEP, FULL TURN, MAMBO STEP

2-3 Walk forward on right, Walk forward on left
4&5 Step forward on right, Turn 1/2 left, (*) Step forward on right
6-7 Turn 1/2 right stepping back on left, Turn 1/2 right stepping forward on right
8&1 Rock forward on left, Recover on right, Step back on left

BEHIND SIDE CROSS, ROCK OUT CROSS, SIDE STEP, 1/4 TURN LEFT, MAMBO 1/4 RIGHT

2&3 Step right behind left, Step left to left side, Cross step right over left
4&5 Rock out to left side, Recover on right, Cross step left over right
6-7 Step right to right side, Turn 1/4 left stepping left to left side
8&(1) Rock forward on right, Recover on left, (1/4 Turn right to start the dance)

* Restart 1: On wall 2 dance upto count 36& then Restart the dance

Hope You Enjoy.....Happy Dancing

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