Sing A Song With Broken Heart

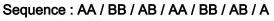
拍數: 64

牆數: 4

級數: Beginner

編舞者: Jennifer Jou (TW) - August 2014

音樂: Chang Zhe Qing Ge Liu Zhe Lei (唱著情歌流著淚)



Introduction : 32 counts

[PART A] 32 counts

[1-8] CROSS, RECOVER, CHASSE, CROSS, RECOVER, 1/4 TURN LEFT, SHUFFLE FORWARD

- Cross step RF over LF, recover on LF 1-2
- 3&4 Step RF to right side, step LF beside RF, step RF to right side
- 5-6 Cross step LF over RF, recover on RF
- Make 1/4 turn left stepping LF forward, step RF beside LF, step LF forward (9:00) 7&8

[9-16]□(ROCK, RECOVER, CROSS BEHIND, SIDE, CROSS OVER) X 2

- 1-2 Rock RF to right side, recover on LF
- 3&4 Crosse step RF behind LF, step LF to left side, cross step RF over LF
- 5-6 Rock LF to left side, recover on RF
- Crosse step LF behind RF, step RF to right side, cross step LF over RF 7&8

[17-24] WALK, WALK, SHUFFLE FORWARD, FORWARD, PIVOT 1/2 TURN RIGHT, SHUFFLE FORWARD

- Step RF forward, step LF forward 1-2
- 3&4 Step RF forward, step LF beside RF, step RF forward
- 5-6 Step LF forward, pivot 1/2 turn right stepping RF in place (3:00)
- 7&8 Step LF forward, step RF beside LF, step LF forward

[25-32] MAMBO RIGHT, MAMBO LEFT, COASTER, SHUFFLE FORWARD

- Rock RF to right side, recover on LF, step RF next to LF 1&2
- 3&4 Rock LF to left side, recover on RF, step LF next to RF
- Step RF back, step LF next to RF, step RF forward 5&6
- 7&8 Step LF forward, step RF beside LF, step LF forward

[PART B] 32 counts

[1-8] SHUFFLE FORWARD, FORWARD, RECOVER, 1/2 TURN LEFT, FORWARD, SHUFFLE FORWARD, STEP FORWARD, RECOVER, 1/4 TURN LEFT, SIDE

- 1&2 Step RF forward, step LF beside RF, step RF forward (12:00)
- 3&4 Rock LF forward, recover on RF, make 1/2 turn left stepping LF forward (6:00)
- Step RF forward, step LF beside RF, step RF forward 5&6
- Rock LF forward, recover on RF, make 1/4 turn left stepping LF to left side (3:00) 7&8

[9-16]□(CROSS OVER , SIDE, TAP, TOGETHER, SIDE) X 2, (HIP BUMPS) X 2

- 1&2& Cross step RF over LF, step LF to left side, tap right heel forward on right diagonal, step RF beside LF
- 3&4& Cross step LF over RF, step RF to right side, tap left heel forward on left diagonal, step LF beside RF
- 5&6 Touch right toe forward to right diagonal and bump hips R-L-R
- 7&8 Touch left toe forward to left diagonal and bump hips L-R-L

[17-24]□R KICK-BALL-TOUCH, L KICK-BALL-TOUCH, COASTER, TWIST HEELS (L-R-L), 1/2 TURN RIGHT

1&2 Kick RF forward, step RF next to LF, touch left toe to left side



- 3&4 Kick LF forward ,step LF next to RF, touch right toe to right side
- 5&6 Step RF back, step LF next to RF, step RF forward
- 7&8 Step LF forward making 1/4 turn right, twist both heels to right with weight on balls of feet, twist both heels to left with weight on balls of feet and make 1/4 turn right (9:00)

EASIER OPTION FOR COUNTS 23&24 is to make 1/2 turn right and do a back shuffle:

7&8 Make 1/2 turn right stepping LF back, step RF beside LF, Step LF back

[25-32]□R SAMBA, L SAMBA, JAZZ BOX WITH 1/2 TURN RIGHT

- 1&2 Cross step RF over LF, rock LF to left side, recover on RF
- 3&4 Cross step LF over RF, rock RF to right side, recover on LF,
- 5-8 Cross step RF over LF, step LF back, make 1/2 turn right stepping RF forward, step LF forward (3:00)

Contact: chou450819@yahoo.com.tw