Broken Heels (越挫越勇) (zh)

拍数: 64 **墙数:** 2 **级数:** Intermediate

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音乐: Broken Heels - Alexandra Burke : (CD: Overcome)

前奏： 48 counts in from the beginning (0:18) on the words Hey Hey Hey.

第一段 **Kick, Kick, Rock Step, Step Lock, Step Scuff**
踢, 踢, 下沉回復, 前鎖步, 擦踢

1,2 Kick Rt fwd, Kick Rt to Rt diagonal
右足前踢, 右足右斜角前踢

3,4 Rock Rt back, Replace weight Lt
右足後下沉, 左足回復

5,8 Step Rt fwd, Lock Lt behind Rt, Step Rt fwd, Scuff Lt fwd
右足前踏, 左足於右足後鎖踏, 右足前踏, 左足前擦踢

第二段 **Step Lock, Step Scuff, Side Behind Side Cross**
前鎖步, 擦踢, 華倫交叉

1,4 Step Lt fwd, Lock Rt behind Lt, Step Lt fwd, Scuff Rt fwd
左足前踏, 右足於左足後鎖踏, 左足前踏, 右足前擦踢

5,8 Step Rt to Rt, Step Lt behind Rt, Step Rt to Rt, Cross Lt in front of Rt 右足右踏, 左足於右足後踏, 右足右踏, 左足於右足前交叉踏

第三段 **Rock Replace, Cross Hold, Full Turn, Hold**
下沉回復, 交叉 候, 轉圈, 候

1,2 Rock Rt to Rt, Replace weight Lt
右足右下沉, 左足回復

3,4 Cross Rt in front of Lt, Hold
右足於左足前交叉踏, 候

5,6 Make 1/4 turn Rt stepping back Lt, Make 1/2 turn Rt stepping Rt fwd
右轉90度左足後踏, 右轉180度右足前踏

7,8 Make 1/4 turn Rt stepping Lt to Lt, Hold
右轉90度左足左踏, 候

第四段 **Cross, Side, Heel, Down, Cross, Back, Side, Hold**
交叉, 側, 踵, 踏, 交叉, 後, 側, 候

1,2 Cross Rt in front of Lt, Step Lt in place
右足於左足前交叉踏, 左足踏

3,4 Present Rt heel fwd, Step Rt in place
右足踵前點, 右足踏

5,6 Cross Lt in front of Rt, Step Rt back
左足於右足前交叉踏, 右足後踏

7,8 Step Lt to Lt, Hold 左足左踏, 候

第五段 **Sailor 1/2 Hold, Full Turn, Fwd, Hold**
水手轉 候 轉圈 踏 候

1,2 Step Rt behind Lt, Make 1/4 turn Rt stepping Lt fwd
右足於左足後踏, 右轉90度左足前踏

3,4 Make 1/4 turn Rt stepping Rt fwd, Hold
右轉90度右足前踏, 候

5,8 Make 1/2 turn Lt stepping Lt fwd, Make 1/2 turn Lt stepping Rt in place, Step Lt fwd, Hold
左轉180度左足前踏, 左轉180度右足踏, 左足前踏, 候

第六段 Step Lock, Step Hold, Full Turn Fwd, Hold
前鎖步 候 轉轉踏 候

1,4 Step Rt fwd, Lock Lt behind Rt, Step Rt fwd, Hold
右足前踏, 左足於右足後鎖踏, 右足前踏, 候

5,6 Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt 右轉180度左足後踏, 右轉180度右足前踏

7,8 Step Lt fwd, Hold 左足前踏, 候

RESTART Here: 4th Repetition, starting facing the back wall. Your dance 48 counts and start the dance again facing the front wall.
第四面牆(面向後面牆), 跳至此時面向前面牆從頭起跳

第七段 Full Turn Fwd, Hold, Kick Cross Rock Back
轉 轉 踏 候, 踢 交叉 後下沉 回復

1,2 Make 1/2 turn Lt stepping back Rt, Make 1/2 turn Lt stepping fwd Lt 左轉180度右足後踏, 左轉180度左足前踏

3,4 Step Rt fwd, Hold 右足前踏, 候

5,8 Kick Lt to Lt diagonal, Cross Lt in front of Rt, Rock Rt back (Large Step), Replace weight Lt
左足左斜角前踢, 左足於右足前交叉踏, 右足後一大步, 左足回復

第八段 Heel Stomp, Heel Stomp, Heels Fwd Fwd, Back Together
踵轉 重踏, 踵轉 重踏, 踵 踏 踏, 後 併

1,4 Grind Rt heel fwd, Stomp Lt fwd, Repeat (Note traveling fwd)
右足踵轉, 左足前重踏, 右足踵轉, 左足前重踏(向前移動)

5,6 Step fwd on Rt heel, Step fwd on Lt heel next to Rt
右足踵前踏, 左足踵併踏

7,8 Step Rt back, Step Lt next to Rt
右足後踏, 左足併踏

TAG: Just before the instrumental section you have a 8 count Tag, AFTER the 7th repetition. Your be facing the back wall.
加拍：第七面牆結束面向後面牆時, 加8拍

1,8 Cross Rt in front of Lt, and unwind 1/2 turn Lt to face the front wall. 右足於左足前交叉踏, 左慢慢繞轉180度面向前面牆, 從頭起跳