

Break Into My Heart

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Break Into My Heart - Daughtry



Intro: 16 Counts

Step back with sweep, Behind, 1/4 turn L, Spiral full turn L, Running curve L with sweep, Cross, Side, Back rock, Recover, 1/2 turn L

- 1-2& Step back on LF and sweep RF from front to back, Cross RF behind LF, Make a 1/4 turn L and step forward on LF
- 3-4& Step forward on RF and make a spiral full turn to L weight remains on R (now facing 9:00), make an 1/8 turn L and step forward on LF, make an 1/8 turn L and step forward on RF (now facing 6:00)
- 5-6& Step LF to L diagonal and sweep RF from back to front, Cross RF over LF, Step LF to L side
- 7-8& Rock back on RF opening body to face 7:30, recover onto LF, make a 1/2 turn L and step back on RF (now facing 1:30)

Note: counts 4&5 should be danced as a curve.

1/2 turn L with hand push, Full turn and a 1/2 to R, Run forward L, R, L with R hitch, Step back with sweep, Step back with sweep, Behind, 1/4 L

- 1-2& Make a 1/4 turn L and step LF to L side (rotate body and extra 1/4 turn to L and push R hand forward coming from the centre of your chest, as if offering your heart) (now facing 7:30), make a 1/2 turn R and step forward on RF (puling hand back in), make a 1/2 turn R and step back on LF
- 3-4& Make a 1/2 turn R and step forward on RF (now facing 1:30), Step forward on LF, Step forward on RF
- 5-6 Step forward on LF hitching R knee (Still facing 1:30), Step back on RF sweep LF from front to back
- 7-8& Step back on LF sweep RF from front to back, Cross RF behind LF, make a 1/4 turn L and step LF to L side (now facing 10:30)

Pivot 1/2 L, Pivot 1/2 L, 3/8 turn L step back R, Back L, R, Close L, Step forward R, L, R with L hitch, Cross, Side

- 1&2& Step forward on RF, Make a 1/2 pivot turn L, Step forward on RF, Make a 1/2 pivot turn L
- 3&4& Make a 3/8 turn L and step back on RF (now facing 6:00), Step back on LF, Step back on RF, Close LF next to RF
- 5-6 Step forward on RF, Step forward on LF
- 7-8& Step forward on RF and hitch L knee, Cross LF over RF, Step RF to R side

Rock back L, Recover, Side, 1/2 Diamond R, Mambo 1/2 turn R, Step L, Step R, Touch L

- 1-2& Rock back on L opening body to face 4:30, Recover onto RF, Step LF to L returning body to face 6:00
- 3-4& Make a 1/8 turn R and step back on RF, Make a 1/8 turn R and cross LF behind RF (now facing 9:00), Make a 1/8 turn R and step forward on RF
- 5-6& Make a 1/8 turn R and step forward on LF (now facing 12:00), Rock forward on RF, Recover onto LF
- 7&8& Make a 1/2 turn R and step forward on RF (now facing 6:00), Step forward on LF, Step forward on RF, Touch LF behind RF

(Tag: add the tag here after walls 1 and 2)

Reverse rocking chair

- 1-2 Step back on LF and sweep RF from front to back, Rock back on RF

3-4

Recover onto LF, Rock forward on RF lowering body a little and taking R shoulder forward slightly (this will help make the first step of the dance a little more powerful)

Note: the tag is slow, so you can use your body to fill out the counts
