My Broken Heart AB

拍数: 32

级数: Absolute Beginner

编舞者: Dee Palmer (USA) - July 2023

音乐: Broken Heart (feat. Brooke Lee) - Mikele Buck Band



RIGHT CHASSE, LEFT ROCK BACK, LEFT CHASSE, RIGHT ROCK BACK (LINDY R & L)

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

R & L FORWARD POINT, TOGETHER, R & L BACK POINT, TOGETHER

- 1-2 Point R toe forward diagonally to right side, step RF together
- 3-4 Point L toe forward diagonally to left side, step LF together
- 5-6 Point R toe back diagonally to right side, step RF together
- 7-8 Point L toe back diagonally to left side, step LF together

R ROCKING CHAIR, TWO PIVOT 1/8 LEFT TURNS

- 1-4 Rock R F forward, recover LF, rock RF back, recover LF
- 5-6 Step RF forward, pivot 1/8 left, stepping on LF
- 7-8 Step RF slightly forward, pivot 1/8 left, stepping on LF

R & L SIDE TOUCHES, SWAYS R-L-R-L

- Step RF to right side, touch LF together 1-2
- 3-4 Step LF to left side, touch RF together
- 5-8 Step RF to side swaying hips R-L-R-L (wt ends on LF)

REPEAT

Contact: deliapalmer179@gmail.com





墙数:4