

My Heartaches (心痛冷雨中)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Erni Jasin (INA) - June 2025
音乐: Xin Tong Len Yu Zhong (心痛冷雨中) - Wei Jia Yi (魏佳艺)



No Tag, No Restart!

Intro : Start on vocal

S1: FWD TOUCH, SIDE TOUCH, BEHIND, SIDE, CROSS, CROSS, 1/4L, BACK, SIDE CHASSE

1 2 Touch Rf fwd (1), touch Rf to side (2)
3&5 Cross Rf behind Lf (3), step Lf to side (&), cross Rf over Lf (4)
5 6 Cross Lf over Rf (5), 1/4L step Rf back (6) (9:00)
7&8 Step Lf to side (7), step Rf next to Lf (&), step Lf to side (8)

S2: SYNC JAZZ BOX (R&L), PIVOT 1/2L, FWD SHUFFLE

12& Cross Rf over Lf (1), step Lf back to diagonal L (2), step Rf side (&)
34& Cross Lf over Rf (3), step Rf to back diagonal R (4), step Lf side
5 6 Step Rf fwd (5), 1/2 L step Lf in place (6) (3:00)
7&8 Step Rf fwd (7), step Lf next to Rf (&), step Rf fwd (8)

S3: SYNC WEAVE, CROSS SHUFFLE, SIDE ROCK, RECOVER, TOGETHER (R&L)

1&2& Cross Lf over Rf (1), step Rf side (&), cross Lf behind Rf (2), step Rf side (&)
3&4 Cross Lf over Rf (3), step Rf side (&), cross Lf over Rf (4)
56& Rock Rf to R side (5), recover on Lf (6), close Rf next to Lf (&)
7&8 Rock Lf to L side (7), recover on Rf (8), close Lf next to Rf (&)

S4: FWD, RECOVER, 1/2R SHUFFLE, PIVOT 1/2R, FWD LOCK SHUFFLE

1 2 Step Rf fwd (1), recover on Lf (2)
3&4 1/4R step Rf side (3), step Lf next to Rf (&), 1/4R step Rf fwd (4) (9:00)
5 6 Step Lf fwd (5), 1/2R step Rf in place (6) (3:00)
7&8 Step Lf fwd (7), lock Rf behind Lf (&), step Lf fwd (8)

****Start again from beginning ..**

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