

Heartbreak Shake

拍数: 32 墙数: 1 级数:
编舞者: Linda De Ford (USA)
音乐: Heartbreak Hotel - Scooter Lee



Listen to the first sixteen counts of the music before beginning the dance.
There are three versions here-beginner, intermediate, advanced.

STEP FORWARD & BACK TO BASE

It's fun to use an "Elvis look" on the head snap

- 1-2 Step forward with right and join left to right..
- 3&4 Step back with right, holding left toe in place. Snap head to right, then forward again on count four.
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- 1-2 Step on left on count one. Step to left with right on two.
- 3&4 Step back with left, holding right toe in place. Snap head to left and forward again on count four.

STEP KICK-HIP ROLL

Be careful not to travel forward

- 1-2 Step on right on count one while kicking left foot on count two.
- 3-4 Step on left on count three and kick right foot forward
- 5-6 Step on right on count five and point left toe forward, holding count six, leave weight on right foot.
- 7-8 Place ball of left to floor as you roll hips in right circular motion, finishing with weight on right foot.

CROSS TWIST-POINT & CLAP

- 1-2 Cross left over right on count 1 (body will turn slightly to right). Bring right to left as you slightly twist body back to the left.
- 3-4 Cross left over right on count 3, (twisting body slightly to right). Point right toe to right. Clap.
- 5-6 Cross right over left on count 5, (twisting slightly to left). Join left to right on count 6, twisting body slightly to right.
- 7-8 Cross right over left on count 7 (twisting slightly to left). Join left to right (face forward). Clap hands on count 8.

JAZZ CROSS-STEP PIVOT

- 1-2 Place right foot to right, shifting weight to ball of foot and back to left foot underneath you. Cross right in front of left (sort of a push-off and cross move)
- 3-4 Repeat above movement with left foot to left side, change weight to right, and cross with left.
- 5&6 Step forward with right foot, weight to ball of foot, pivoting left ½ turn on count 6.
- 7&8 Step forward with right foot, weight on ball of foot, pivoting left ½ turn on count 8.

REPEAT

Intermediate Version

PIVOT-SAILOR SHUFFLES

(Replace the last 8 counts of the dance with these steps.)

- 1-2 Step forward on right, pivoting ½ turn to left, keep left foot in place and transfer weight to left on count 2.
- 3-4 Step forward on right, pivoting ½ turn to left, keep left foot in place and transfer weight to left on count 4.
- 5&6 Step right with right foot, hook left slightly behind right, and replace weight to right foot.
- 7&8 Step left with left foot, hook right slightly behind left, and replace weight to left foot.

Advanced Version

(Changes from the Beginning Version only on the very last 3 beats.)

7&8& After pivoting on count 5-6, complete a double turn to the left, finishing at the original starting position again.

This turn is pretty fast and there is an extra count to use
