

Heartbreak Shuffle

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner social cha
编舞者: EmCee (UK)
音乐: Achy Breaky Heart - Billy Ray Cyrus



TOUCH TOUCH, SHUFFLE FORWARD, TOUCH TOUCH SHUFFLE FORWARD

1-2 Touch right toe to right side, touch right toe next to left
3&4 Step forward on right, step left next to right instep, step forward on right
5-6 Touch left toe to left side, touch left toe next to right
7&8 Step forward on left, step right next to left instep, step forward on left

ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, SHUFFLE FORWARD

1-2 Rock forward on right, recover weight onto left
3&4 Step right back, step left next to right instep, step right back
5-6 Rock back onto left, recover weight onto right
7&8 Step forward on left, step right next to left instep, step forward on left

KICK KICK, SAILOR STEP, KICK KICK, SAILOR STEP

1-2 Kick right across left, kick right forward,
3&4 Sweep right out to right side and step back, step left next to right, step right in place
5-6 Kick left across right, kick left forward
7&8 Sweep left out to left side and step back, step right next to left, step left in place

Kicks can be heel digs, sailors can be triple steps in place

CROSS ROCK RECOVER, SIDE SHUFFLE, CROSS ROCK RECOVER, ¼ TURNING SHUFFLE LEFT

1-2 Rock right across left, recover weight onto left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Rock left across right, recover weight onto right
7&8 Step left to left side, step right next to left, turn ¼ left step onto left

Side shuffle can be full turn right, last shuffle can be 1& ¼ turn left

REPEAT