Brokenhearted

拍数: 32

级数: High Improver Contra Line or Circle

编舞者: K. Sholes (USA) - March 2014

音乐: One More Broken Hearted Man - Redfern & Crookes

32 count 1 wall or circle or 2 wall line contra.

Mambo forward, back, side, side

1&2 3&4 Rock forward R, Recover L, Step R next to L. Rock back L, Recover R, Step L next to R.

5&6 7&8 Rock R to side, Recover L, Step R next to L, Rock L to side, Recover R, Step L next to R.

Shuffle-scuffs, Back-walks, Clap

1&2& 3&4& Step R forward, Step L next to R, Step R forward, Scuff L. Step L forward, Step R next to L, Step L forward, Scuff R.

567&8 Walk back R,L,R,L. (Clap once on count 8)

Rock, Recover, Turn 1/2 Cha-Cha, Scuff X 2,

Rock R forward, Recover L, Step R 1/4 right, Step L together, Step R 1/4 right, Scuff L. (6:00) 1 2 3&4&

567&8& Rock L forward, Recover R, Step L 1/4 left, Step R together, Step L 1/4 left, Scuff R (12:00)

Shuffle-scuffs, Back-walks, Double claps

- 1&2&3&4& Step R forward, Step L together, Step R forward, Scuff L. Step L forward, Step R together, Step L forward, Scuff R.
- Walk back R,L, R L. (Clap twice on &8) 567&8

Begin Again! Enjoy!

This dance can be done in circle with every other person facing in.

During sections where vocals are missing dancers switch facing in and out positions by not turning back on second Cha-Cha. At end of dance only those facing in don't turn on second Cha-Cha...putting everyone facing out for final bow.





墙数:1