

Wreck of My HEART

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Low Intermediate
編舞者: Val Saari (CAN) - October 2019
音樂: Wreck of My Heart - Lonesome River Band



Begin on the word "heart"

PHRASED SEQUENCE: A B A B A A B A A

SECTION A: 32 Counts

S:1 HEEL/TOE, HEEL BALL-CHANGE X 2, RL

1-2 RF heel forward, Touch RF toes across L
3&4 Brush RF heel forward, Step RF next to L, Step LF together
5-6 LF heel forward, Touch LF toes across R
7&8 Brush LF heel forward, Step LF next to R, Step RF together

S:2 CHASSE L X 4 (BOX WITH SHUFFLES)

1&2 1/4 Turn L, Step RF to R side, Step LF next to R, Step RF to side
3&4 1/4 Turn L, Step LF to L side, Step RF next to L, Step LF to L side
5&6 1/4 Turn L, Step RF to R side, Step LF next to R, Step RF to side
7&8 1/4 Turn L, Step LF to L side, Step RF next to L, Step LF to L side

S:3 RF STOMP, KICK, MAMBO BACK, LF STOMP, KICK, MAMBO BACK

1-2 Stomp RF down, kick RF forward
3&4 Rock RF back, Recover LF, Step RF beside left
5-6 Stomp LF down, kick LF forward
7&8 Rock LF back, Recover RF, Step LF beside R

S:4 MODIFIED JAZZ BOX, BACK-LOCK-BACK, HEEL BOUNCE 1/4 R, HEEL SPLITS OUT, IN OUT IN

1-2 Cross RF over Left, Step LF back
3&4 Step R behind L, Step L across R, Step R back
5-6 Bounce on both heels to pivot 1/4 R, Split both heels apart
7&8 Close heels together, Split both heels apart, close heels together

SECTION B: 36 Counts

S:1 SHUFFLE FWD RLR, REVERSE COASTER, SHUFFLE BACK, RLR, COASTER STEP PIVOT 1/4 L

1&2 Shuffle forward RLR
3&4 Step LF forward, Step RF beside L, Step LF back
5&6 Shuffle back RLR
7&8 Step LF back 1/4 pivot L, Step RF beside L, Step LF forward

S:2 STEP-PIVOT 1/4 LEFT TWICE

1-2 Step RF forward, Pivot 1/4 turn left (weight on left)
3-4 Step RF forward, Pivot 1/4 turn left (weight on left)

S:3 & S:4 REPEAT S:1 & S:2

S:5 RF SHUFFLE FWD, PIVOT 1/2 R, LF SHUFFLE FWD, PIVOT 1/4 L

1&2 Step RF forward, Step LF beside R, Step RF forward
3-4 Step LF forward, Pivot 1/2 R
5&6 Step LF forward, Step RF beside L, Step LF Forward
7-8 Step RF forward, Pivot 1/4 L

S:6 KICKBALL CHANGE, STOMP, STOMP

1&2 Kick RF forward, Step RF together, Step LF together
3-4 Stomp RF, Stomp LF

Hint: The “A” section always occurs on the chorus words “You made a wreck of my heart” and also in the instrumental interlude section..

The “B” section always occurs on the verses.

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