Heartbroken Man

拍數: 32

級數: Improver

編舞者: Penny Tan (MY) & Molly Yeoh (MY) - June 2020

音樂: When I Was Your Man (Reggae Remix) - Bruno Mars

After heavy drum roll, start on vocal "Same bed..."

*Restart Wall 2 after 16 counts (6.00)

*Restart Wall 5 after 16 counts (12.00)

SEC1: HALF RUMBA ¼ TURN HALF RUMBA.STEP TOUCHES, STEP TOUCHES

- 1 2&3 LF step fwd, RF step to right, LF step beside RF, RF step back
- 4&5 1/4 L turn, LF step to L, RF step beside LF, LF move fwd
- RF step fwd, LF tap beside RF, LF step back, RF tap beside LF, 6&7&
- 8& RF step back (body square to 12.00), LF tap beside RF

SEC2: ¼ TURN, SWEEP UP, 2 JAZZ BOX MOVE DOWN, SHOULDER POP/HIP ROLL

- LF step down with 1/4 L turn RF sweep up to 6.00 1
- RF cross over LF, LF step back, RF diagonal step back to R, LF cross over RF 2&3&
- RF step back, LF diagonal step back to L, RF cross over LF (weight on RF) 4&5
- (Pop L shoulder to L @6, then pop R shoulder to R@&), repeat pop shoulders with bended 6&7& knees@7&
- Options: @&7 Hip rolls or step LF to L, RF to R
- LF step behind RF, RF recover 8&

*Restart Wall 2 & Wall 5

SEC3: SIDE, TOUCH, SIDE, TOUCH, SIDE TOGETHER SIDE, STEP FWD 1/2 TURN L ,FWD,FWD,STEP FWD ½ TURN R, FWD, FWD

- Step LF to L, touch RL next to LF, step RF to R, touch LF next to RF 1&2&
- Step LF to L, step RF next to LF, step LF to L 3&4
- 5&6 Step RF fwd, 1/2 turn L, step LF fwd, step RF fwd
- 7&8 Step LF fwd ,1/2 turn R , step RF fwd, step LF fwd

SEC4:CROSS, RECOVER, SIDE, RECOVER, BACK, RECOVER, BIG SIDE STEP, BACK,

- RECOVER, SIDE, RECOVER, CROSS, RECOVER, TOUCH
- 1&2& Cross RF over LF, recover on L, rock RF to R, recover on L
- 3&4 Step RF behind LF, recover on L, big step RF to R
- 5&6& Step LF behind RF, recover on R, rock LF to L, recover on R
- 7&8& Cross LF over RF , recover on R, step LF to L , step RF next to LF

Thank you very much! Enjoy!

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牆數:2