

AB - Brokenhearted

拍數: 32 牆數: 1 級數: Absolute Beginner
編舞者: Wallace Benoit (CAN) - September 2024
音樂: Brokenhearted - William Michael Morgan
或: Save Your Tears - The Weeknd
或: Get Up (Before the Night Is Over) - Technotronic



Alternate Music:

Save Your Tears (The Weeknd)

Get up (Before the Night is Over) by Technotronic

Intro: 32 Counts

Purpose: To teach "Grapevines", "V" Steps, and "Rocking Chairs" to my AB class.

Walk Forward With Kick - Walk Backward With Touch

- 1-4 Walk Forward - Right, Left, Right, Kick Left
- 5-8 Walk Backward - Left, Right, Left, Touch Right Toe next to Left Foot

Grapevine Right - Grapevine Left

- 1-4 Step RF to Right Side, Cross LF Behind RF, Step RF to Right Side, Touch L Toes Next To RF
- 5-8 Step LF to Left Side, Cross RF Behind LF, Step LF to Left Side, Touch R Toes Next to LF

Two "V" Steps

- 1-4 Step RF Forward to R Diagonal, Step LF Forward to L Diagonal, Step RF Back to Center, Step LF Back to Center
- 5-8 Repeat Steps 1-4

Two Rocking Chairs

- 1-4 Step RF Forward, Recover Weight on LF, Step RF Back, Recover Weight on LF
- 1-8 Repeat Steps 1-4

Note: To change to a 4-wall dance REPLACE the second grapevine WITH a 1/4 turning grapevine.

- 5-8 Step LF to Left Side, Cross RF Behind LF, 1/4 Turn Left Stepping LF Forward, Touch R Toes Next to LF
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