

# Heartbreak Shake

拍數: 32      牆數: 1      級數:  
編舞者: Linda De Ford (USA)  
音樂: Heartbreak Hotel - Scooter Lee



Listen to the first sixteen counts of the music before beginning the dance.  
There are three versions here-beginner, intermediate, advanced.

## STEP FORWARD & BACK TO BASE

It's fun to use an "Elvis look" on the head snap

- 1-2            Step forward with right and join left to right..
- 3&4           Step back with right, holding left toe in place. Snap head to right, then forward again on count four.
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- 1-2            Step on left on count one. Step to left with right on two.
- 3&4           Step back with left, holding right toe in place. Snap head to left and forward again on count four.

## STEP KICK-HIP ROLL

Be careful not to travel forward

- 1-2            Step on right on count one while kicking left foot on count two.
- 3-4            Step on left on count three and kick right foot forward
- 5-6            Step on right on count five and point left toe forward, holding count six, leave weight on right foot.
- 7-8            Place ball of left to floor as you roll hips in right circular motion, finishing with weight on right foot.

## CROSS TWIST-POINT & CLAP

- 1-2            Cross left over right on count 1 (body will turn slightly to right). Bring right to left as you slightly twist body back to the left.
- 3-4            Cross left over right on count 3, (twisting body slightly to right). Point right toe to right. Clap.
- 5-6            Cross right over left on count 5, (twisting slightly to left). Join left to right on count 6, twisting body slightly to right.
- 7-8            Cross right over left on count 7 (twisting slightly to left). Join left to right (face forward). Clap hands on count 8.

## JAZZ CROSS-STEP PIVOT

- 1-2            Place right foot to right, shifting weight to ball of foot and back to left foot underneath you. Cross right in front of left (sort of a push-off and cross move)
- 3-4            Repeat above movement with left foot to left side, change weight to right, and cross with left.
- 5&6            Step forward with right foot, weight to ball of foot, pivoting left ½ turn on count 6.
- 7&8            Step forward with right foot, weight on ball of foot, pivoting left ½ turn on count 8.

## REPEAT

Intermediate Version

## PIVOT-SAILOR SHUFFLES

(Replace the last 8 counts of the dance with these steps.)

- 1-2            Step forward on right, pivoting ½ turn to left, keep left foot in place and transfer weight to left on count 2.
- 3-4            Step forward on right, pivoting ½ turn to left, keep left foot in place and transfer weight to left on count 4.
- 5&6            Step right with right foot, hook left slightly behind right, and replace weight to right foot.
- 7&8            Step left with left foot, hook right slightly behind left, and replace weight to left foot.

### **Advanced Version**

**(Changes from the Beginning Version only on the very last 3 beats.)**

7&8&                    After pivoting on count 5-6, complete a double turn to the left, finishing at the original starting position again.

**This turn is pretty fast and there is an extra count to use**

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