

Breaking Your Own Heart

COPPER KNOB
STEPPERS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Patricia Chiew (SG)
音樂: The Heart You Break May Be Your Own - Patsy Cline



Sequence: A, A, B, A, Tag, B, A

SECTION A

LEFT FORWARD WALTZ BASIC, RIGHT BACKWARD WALTZ BASIC

- 1-2-3 Step left forward, step right next to left and drag to the right, step left next to right (left forward waltz basic)
4-5-6 Step right back, step left next right and drag to the left, step right next to left (right backward waltz basic)

LEFT TWINKLE, ¼ RIGHT TWINKLE

- 1-2-3 Cross left over right, step right on right, step left on left (left twinkle)
4-5-6 Cross right over left, step left back on ¼ right turn, step right on right (¼ right twinkle)

LEFT CROSS, SIDE, BEHIND, SWAY RIGHT-LEFT-RIGHT

- 1-2-3 Cross left over right, step right on right, step left behind right
4-5-6 Hip sway right-left-right

ROLLING FULL TURN LEFT, RIGHT CROSS ROCK, RECOVER, ¼ TURN RIGHT

- 1-2-3 Step left ¼ turn left, on ball of left make ½ turn left stepping back right, on ball of right make ¼ turn left stepping left to left side (rolling full turn)
4-5-6 Cross rock right over left, recover on left, ¼ right turn (weight ending on right)

SECTION B

LEFT FORWARD WALTZ BASIC, RIGHT CROSS, UNWIND ¾ LEFT

- 1-2-3 Step left forward, step right next to left and drag to the right, step left next to right (left forward waltz basic)
4-5-6 Cross right over left, unwind ¾ left on counts 5-6 (weight ending on left)

RIGHT FORWARD WALTZ BASIC, LEFT BEHIND RIGHT, UNWIND ¾ LEFT

- 1-2-3 Step right forward, step left next to right and drag to the left, step right next to left (right forward waltz basic)
4-5-6 Cross left behind right, unwind ¾ left on counts 5-6 (weight ending on left)

RIGHT CROSS, SIDE, CROSS, LEFT CROSS, SIDE, CROSS

- 1-2-3 Cross right over left, step left on left, cross right over left
4-5-6 Cross left over right, step right on right, cross left over right

½ RIGHT TURN TWINKLE, LEFT FORWARD WALTZ BASIC

- 1-2-3 Cross right over left, step left back on ½ right turn, step right on right
4-5-6 Step left forward, step right next to left and drag to the right, step left next to right (left forward waltz basic)

¼ LEFT TURN RIGHT SIDE ROCK, RECOVER, CROSS, LEFT SIDE ROCK, RECOVER, CROSS

- 1-2-3 Rock right into a ¼ left turn, recover on left, cross right over left (right side rock, recover, cross)
4-5-6 Rock left, recover on right, cross left over right (left side rock, recover, cross)

RIGHT SIDE ROCK, RECOVER ¼ LEFT TURN, RIGHT FORWARD, STEP LEFT FORWARD, PIVOT ½ RIGHT, STEP LEFT FORWARD

1-2-3 Right side rock, recover ¼ left turn, step right forward

4-5-6 Step left forward, pivot ½ right (weight on right), step left forward

RIGHT CROSS, BACK, BACK, LEFT CROSS, BACK, BACK

1-2-3 Cross right over left, step left back, step right back

4-5-6 Cross left over right, step right back, step left back

RIGHT CROSS, SIDE, BEHIND, LEFT SIDE ROCK, RECOVER, LEFT TOUCH

1-2-3 Cross right over left, step left on left, step right behind left

4-5-6 Left side rock, recover on right, left touch next to right

TAG

During instrumental, facing 6:00 wall

1-2-3 Step left forward, step right next to left and drag to the right, step left next to right (left forward waltz basic)

4-5-6 Step right backward, step left next to right and drag to the left, step right next left (right backward waltz basic)

1-2-3 Cross left over right, step right on right, step left on left (left twinkle)

4-5-6 Cross right over left, step left on left, step right on right (right twinkle)
