

Give Your Heart A Break - Beginner

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Kim Liebsch (DK) - August 2012
音樂: Give Your Heart a Break - Demi Lovato



Intro: 16 counts after 1'st beat (appr. 8 seconds) - Start with weight on L foot

2 Restarts:

1'st restart on wall 4 after 16 counts*

2'nd restart on wall 10 after 16 counts*

Ending: On wall 14 after first 12 counts make step ½ turn, step 1/4 turn

#1 section: 3 X walk fw, kick, 3 X walk back, touch

1-2 Step fw. on R, step fw. on L 12:00
3-4 Step fw. on R, kick L fw. 12:00
5-6 Step back on L, step back on R 12:00
7-8 Step back on L, touch R beside L 12:00

#2 section: 2 X shuffle fw, step ½ turn, 2 X walk

1&2 Step fw. on R, step L next to R, step fw. on R 12:00
3&4 Step fw. on L, step R next to L, step fw. on L 12:00
5-6 Step fw. on R, make ½ turn L, stepping fw. on L 6:00
7-8 Step fw. on R, step fw. on L *(restart on wall 4 and 10) 6:00

#3 section: 2 X mambo, back rock, step ¼ turn

1&2 Rock R to R side, recover on L, step R next to L 6:00
3&4 Rock L to L side, recover on R, step L next to R 6:00
5-6 Rock back on R recover on L 6:00
7-8 Step fw. on R, make ¼ turn L, putting weight on L 3:00

#4 section: 2 X kick ball change, 2 X out, hold with clap, 2 X in, hold with clap

1&2 Kick R fw. step R next to L, change weight to L 3:00
3&4 Kick R fw. step R next to L, change weight to L 3:00
&5-6 Step R out, step L out, hold (clap) 3:00
&7-8 Step R in, step L in, hold (clap) 3:00

Last Revision - 31st August 2012