

# Give Your Heart a Break

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Gudrun Schneider (DE) - October 2012  
音樂: Give Your Heart a Break - Demi Lovato



Begin dance after 16 count

## Rolling vine l, touch, kick ball cross, side behind

1-4      three step to left with left full turn (l-r-l) and touch  
5&6      kick right diagonal forward to right side, right beside left, cross step left over right  
7-8      step right to right side, cross step left behind right

## Shuffle forward r with ¼ turn r, step, ½ turn r, step, full turn l, side

1&2      cha cha right with ¼ turn to right side  
3-4      step left forward, ½ turn right  
5-6      step left forward with ½ turn left, step right back  
7-8      ½ turn on right to left side, step left forward, step right to right side

## Back, cross, side, behind, side, cross, side, sailor shuffle turning ¼ R

1-2      step left back, cross step right over left  
3      step left to left side  
4&5      cross step right behind left, step left to left side, cross step right over left  
6      step left to left side  
7&8      Cross step right behind left with ¼ turn, step right to right side, step right forward

## Rock forward, rock back, step ½ turn r 2x

1-2      rock left forward, recover (weight to right)  
3-4      rock left back, recover (weight to right)  
5-6      step left forward, ½ turn right  
7-8      step left forward, ½ turn right

## Rock forward & heel-hold & rock forward, coaster step

1-2      rock left forward, recover (weight to right)  
&3-4      left beside right, heel right, hold  
&5-6      right beside left, rock left forward, recover (weight to right)  
7&8      step left back, right beside left, step left forward

## Side point with ¼ turn r, side point with ¼ turn l, side point r, side point with ¼ turn r

1-2      right toe tap to right, ¼ turn to right, right beside left  
3-4      left toe tap to left, ¼ turn left, left beside right  
5-6      right toe tap to right, right toe tap beside left  
7-8      right toe tap to right, ¼ turn to right

## On the second and fifth walls, dance following steps:

7-8      right toe tap to right, right beside left (weight to right)

## Restart

## Back rock, kick ball cross, side rock r, cross shuffle

1-2      rock right back, recover (weight to left)  
3&4      kick right diagonal forward to right side, right beside left, cross step left over right  
5-6      rock right side, recover (weight to left)  
7&8      cross step right over left, left beside right, cross step right over left

**¼ turn R, side R, cross, kick R, jazz box with touch**

1-2                    step left back with ¼ turn to right, step right to right side

3-4                    cross step left over right, kick right diagonal forward to right side

5-6                    cross step right over left, step left back

7-8                    step right forward, left tap beside right

**Have Fun**

---