

Abby's Heartbreak

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Description : 48 temps, 4 murs, Novice, Août 2019

Musique : Dance Away My Broken Heart by Abby Anderson (iTunes)



Intro: 16 counts

Section 1 [1-8] Twist R Knee In, Out, In, 1/4 R Kick, R Coaster, L Toe Strut

- 1,2 Twist R knee in towards L, Twist R knee out
- 3,4 Twist Right knee in, 1/4 turn R kicking right foot fwd *(see styling note below)
- 5&6 Step back on R, Step L beside R, Step fwd on R
- 7,8 Touch L toe fwd, Place L heel down

Section 2 [9-16] R & L Toe Taps With Hip Bumps, 1/4 Pivot L With Hip rolls x2

- 1&2 Tap R toe fwd bumping R hip fwd, back, fwd (travelling fwd)
- 3&4 Tap L toe fwd bumping L hip fwd, back, fwd (travelling fwd)
- 5,6 Step R slightly fwd, Roll hips anticlockwise turning 1/4 L
- 7,8 Step R slightly fwd, Roll hips anticlockwise turning 1/4 L (weight on L)

Section 3 [17-24] Step Fwd R, Lock L, R Shuffle Fwd, L Fwd Rock Rec, Shuffle 1/2 L

- 1,2 Step fwd R, Lock L behind R
- 3&4 Step fwd R, Step L beside R, Step fwd R
- 5,6 Rock fwd L, Recover on R
- 7&8 1/4 turn L step L to side, Step R beside L, 1/4 turn L step L fwd

Section 4 [25-32] R Cross Side, R Sailor & Heel, Ball Cross 1/4 L, Shuffle 1/2 L

- 1,2 Cross R over L, Step L to L side
- 3&4 Step R behind L, Step L beside R, tap R heel fwd (angling 1/8 R)
- &5,6 Place R beside L, Cross L over R, 1/4 turn L step back R
- 7&8 1/4 L step L to side, Step R beside L, 1/4 turn L step fwd L

***Restart Here On Walls; 3, 4 & 7**

Section 5 [33-40] Syncopated Fwd Rocks R & L , Shuffle 1/2 L, Step Pivot 1/2 L

- 1,2& Rock fwd R, Recover on L, Step R beside L
- 3,4 Rock fwd L, Recover on R
- 5&6 1/4 turn L step L to side, Step R beside L, 1/4 turn L stepping L fwd
- 7,8 Step fwd R, Pivot 1/2 turn L (weight on L)

(Easier option; Counts 5-8; L Shuffle back, Rock back R, Rec L)

Section 6 [41-48] Cross Step R, Side Point L, Cross Step L, Side Point R, R Jazz Box 1/4 R (With Shimmy)

- 1,2 Cross R over L, Point L to L side & Click fingers out (travelling fwd)
- 3,4 Cross L over R, Point R to R side & Click fingers out (travelling fwd)
- 5,6 Cross R over L, Step back L (shimmying shoulders)
- 7,8 1/4 turn R step R to side , Step L slightly to L side (shimmying shoulders)

Restarts: Restart the dance after 32 counts on walls 3,4 & 7

***Styling Note.. While twisting R knee in, out, in; Roll shoulders and hips simultaneously**

(14)