My Heart Is Broken Too (我心也憔悴) (zh)

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Josefin Blomkvist (SWE) - 2007年08月
Music: Still In Love With You - No Angels : (CD: Single)

第一段 **SIDE, TOGETHER, FORWARD, LOCK-SHUFFLE, ROCK**
側, 併, 前, 鎖交換步, 下沉

1-2 Step right to side, step left together 右足側踏, 左足併踏

3 Step right forward 右足前踏

4&5 Step left forward, lock right behind left, step left forward
左足前踏, 右足併鎖踏, 左足前踏

6-7 Rock right forward, recover on left 右足前下沉, 左足回復

第二段 **SHUFFLE-TURN, CROSS, BACK, TURN, CHASSE, ROCKS**
轉交換步, 交叉, 後, 轉, 追步, 下沉

8&1 Turn 1/4 right and step right to side, step left together, turn 1/4 right and step right forward
右轉90度右足側踏, 左足併踏, 右轉90度右足前踏

2-3 Sweep left back to front and cross left over right, step right back
左足從後繞至右足前交叉踏, 右足後踏

4&5 Turn 1/4 left and step left to side, step right together, step left to side 左轉90度左足側踏, 右足併踏, 左足側踏

6&7& Turn 1/8 left and rock right forward, recover on left, rock right back, recover on left
左轉45度右足前下沉, 左足回復, 右足後下沉, 左足回復

第三段 **ROCK, BIG STEP, BEHIND, SIDE, FORWARD, LOCK-SHUFFLE, STEP-TURN**
下沉, 大步, 後, 側, 前, 鎖交換步, 踏轉

8&1 Rock right forward, recover on left, step right far back
右足前下沉, 左足回復, 右足後大步

Restart after count 15& on wall 4, facing 6:00
第四面牆第三段起拍8&(6點鐘), 從頭起跳

2&3 Cross left behind right, turn 1/8 right and step right to side, step left forward 左足於右足後交叉踏, 右轉45度右足側踏, 左足前踏

4&5 Step right forward, lock left behind right, step right forward
右足前踏, 左足於右足後鎖踏, 右足前踏

6-7 Step left forward, turn 1/2 right and step right forward
左足前踏, 右轉180度右足前踏

第四段 **LOCK-SHUFFLE, SWEEP-TURN, TOUCH, FORWARD TWICE, TURN**
鎖交換步, 旋繞轉, 點, 前2次, 轉

8&1 Step left forward, lock right behind left, step left forward
左足前踏, 右足於左後鎖踏, 左足前踏

2-3 Sweep right from back to front and turn 1/2 to left
右足左轉180度從後繞至前

4 Touch right forward 右足前點

Restart	after count 28 on walls 2 facing 9:00, wall 6 facing 3:00, and wall 9 facing 6:00 第二面牆(9點鐘), 第六面牆(3點鐘), 第九面牆(6點鐘) 第四段第4拍後, 音樂Dyu~~聲後, 從頭起跳,
5-6	Step right forward, step left forward 右足前踏, 左足前踏
7-8	Turn 1/4 right over 2 counts (weight to left) 2拍右轉90度(重心在左足)
