

30 SECONDS FLAT

Choreographed by: Rachael McEnaney & Joey Warren (Apr 08)
 Music: **Heartbreaker** by **Will I Am** (CD: 120bpm)
 Descriptions: 32 count - 4 wall - Intermediate/Advanced level line dance

Count In: 32 counts from start of track, dance begins on vocals

Notes: track is over 4 mins long, possible fade at 3.30

1 - 8 SIDE, CROSS, SIDE ROCK CROSS, ¼ TURN, ¼ TURN, ¼ SAILOR STEP

1 - 2 Step right to right side (1), cross left over right (2) [12.00]

3 & 4 Rock right to right side (3), recover weight onto left (&), cross right over left (4) [12.00]

5 - 6 Make ¼ turn left stepping forward on left (5), make ¼ turn left stepping right to right side (6) [3.00]

7 & 8 Make ¼ turn left stepping left slightly behind right (7), step right next to left (&), step forward on left (8) [3.00]

9 - 16 ¼ TURN ROCK & LOOK BACK, ¼ TURN SIDE ROCK CROSS, FUNKY SIDE STEPS WITH ¼ TURN, LEFT SHUFFLE

1 - 2 Make ¼ turn right stepping weight back onto right looking back over right shoulder (knees bent) (1), make ¼ turn left returning to original position (2) [3.00]

3 & 4 Make ¼ turn left rocking right out to right side (3), recover weight onto left (&), cross right over left (4) [12.00]

5 & 6 Step left to left side with knees slightly flexed (5), bring right foot towards left no weight change (&) [12.00]

6 & 7 Make ¼ turn right stepping right out to right side with knees slightly flexed (6), bring left towards right no weight change (&) [3.00]

7 & 8 Step forward on left (7), step right next to left (or lock it slightly behind) (&), step forward on left (8) [3.00]

17 - 24 ¼ TURN WITH HIP ROLL, HIPS PUSH BACK, BALL CROSS, BALL CROSS, UNWIND ½ TURN, WALK FORWARD.

1 - 2 Make ¼ turn left stepping right out to right side rotating hips in big circle counter-clockwise (1), finish hip circle weight ends on right with left toe touched to diagonal (left leg bent and left heel lifted) (2) [12.00]

3 & 4 Push hips back straightening left leg (almost like a knee pop back) (3), step in place on ball of left (&), cross right over left (4) [12.00]

5 & 6 Step ball of left to left side (&), cross right over left (5), unwind ½ turn left ending with weight left (6) [6.00]

7 - 8 Walk forward on right (7), walk forward on left (8) [6.00]

25 - 32 ¼ TURN STEPPING BALL CLOSE, CROSS, BACK SIDE CROSS, ½ TURN TO DIAGONAL WITH LEAN BACK, HITCH & KNEE POPS.

& 1 - 2 Make ¼ turn left stepping right to right side (&), step left next to right (1), cross right over left (2) [3.00]

3 & 4 Step back on left (3), step right to right side (&), cross left over right (will help here if you angle body to 4.30) (4) [3.00]

5 Make ½ turn to right keeping weight back on left (bend left knee) leaning body slightly back, right heel on floor with right toe lifted (body is angled to 10.30) [10.30]

6 Transfer weight forward onto right straightening body (6) [10.30]

& 7 Hitch left knee (&), step left next to right (7), bend both knees and pop them out to sides (&), pop both knees back together

& 8 (keeping knees bent) (8) [10.30]

START AGAIN, HAVE FUN!

