



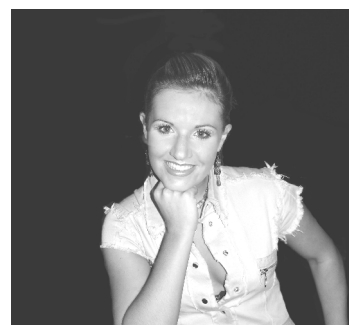
30 Seconds Flat

Choreographed by Rachael McEnaney & Joey Warren
(April 2008)

<http://www.dancepizazz.com> - Rachael@dancepizazz.com

Tel: 07968 181933

Joey - Tennesseefan85@yahoo.com



Description: 32 Count, 4 wall, Intermediate/Advanced Line Dance

Music: "Heartbreaker" – Will I Am (120 bpm)

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

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

Section	Footwork	Facing
Counts		
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 &	Step left to left side with knees slightly flexed (5), bring right foot towards left no weight change (&)	12.00
6 &	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 & 8	Hitch left knee (&), step left next to right (7), bend both knees and pop them out to sides (&), pop both knees back together (keeping knees bent) (8)	10.30

START AGAIN, HAVE FUN! ☺