

BREAK INTO MY HEART

Intermédiaire – 32 comptes – 2 murs

Chorégraphe : Darren Bailey

Musique : Break into my heart - Daughtry

Style : NC

Source : Copperknob –

Intro : 16 counts

STEP BACK WITH SWEEP, BEHIND, 1/4 TURN L, SPIRAL FULL TURN L, RUNNING CURVE L WITH SWEEP, CROSS, SIDE, BACK ROCK, RECOVER, 1/2 TURN L

- 1-2& Step back on LF and sweep RF from front to back, Cross RF behind LF, Make a 1/4 turn L and step forward on LF
 3-4& Step forward on RF and make a spiral full turn to L weight remains on R (now facing 9:00), make an 1/8 turn L and step forward on LF, make an 1/8 turn L and step forward on RF (now facing 6:00)
 5-6& Step LF to L diagonal and sweep RF from back to front, Cross RF over LF, Step LF to L side
 7-8& Rock back on RF opening body to face 7:30, recover onto LF, make a 1/2 turn L and step back on RF (now facing 1:30)

Note: counts 4&5 should be danced as a curve.

1/2 TURN L WITH HAND PUSH, FULL TURN AND A 1/2 TO R, RUN FORWARD L, R, L WITH R HITCH, STEP BACK WITH SWEEP, STEP BACK WITH SWEEP, BEHIND, 1/4 L

- 1-2& Make a 1/4 turn L and step LF to L side (rotate body and extra 1/4 turn to L and push R hand forward coming from the centre of your chest, as if offering your heart) (now facing 7:30), make a 1/2 turn R and step forward on RF (pulling hand back in), make a 1/2 turn R and step back on LF
 3-4& Make a 1/2 turn R and step forward on RF (now facing 1:30), Step forward on LF, Step forward on RF
 5-6 Step forward on LF hitching R knee (Still facing 1:30), Step back on RF sweep LF from front to back
 7-8& Step back on LF sweep RF from front to back, Cross RF behind LF, make a 1/4 turn L and step LF to L side (now facing 10:30)

PIVOT 1/2 L, PIVOT 1/2 L, 3/8 TURN L STEP BACK R, BACK L, R, CLOSE L, STEP FORWARD R, L, R WITH L HITCH, CROSS, SIDE

- 1&2& Step forward on RF, Make a 1/2 pivot turn L, Step forward on RF, Make a 1/2 pivot turn L
 3&4& Make a 3/8 turn L and step back on RF (now facing 6:00), Step back on LF, Step back on RF, Close LF next to RF
 5-6 Step forward on RF, Step forward on LF
 7-8& Step forward on RF and hitch L knee, Cross LF over RF, Step RF to R side

ROCK BACK L, RECOVER, SIDE, 1/2 DIAMOND R, MAMBO 1/2 TURN R, STEP L, STEP R, TOUCH L

- 1-2& Rock back on L opening body to face 4:30, Recover onto RF, Step LF to L returning body to face 6:00
 3-4& Make a 1/8 turn R and step back on RF, Make a 1/8 turn R and cross LF behind RF (now facing 9:00), Make a 1/8 turn R and step forward on RF
 5-6& Make a 1/8 turn R and step forward on LF (now facing 12:00), Rock forward on RF, Recover onto LF
 7&8& Make a 1/2 turn R and step forward on RF (now facing 6:00), Step forward on LF, Step forward on RF, Touch LF behind RF

TAG: add the tag here after walls 1 and 2

Reverse rocking chair

- 1-2 Step back on LF and sweep RF from front to back, Rock back on RF
 3-4 Recover onto LF, Rock forward on RF lowering body a little and taking R shoulder forward slightly (this will help make the first step of the dance a little more powerful)

Note: the tag is slow, so you can you your body to fill out the counts

Et on recommence avec le sourire



Isa
New Line Danse