

# Please Be Careful With My Heart

Count: 32

Wand: 2

Ebene: High Improver

Choreograf/in: Yola Ireneous (INA) & Wenarika Josephine (INA) - March 2020

Musik: Please Be Careful With My Heart - Jose Mari Chan & Regine Velasquez



#8 counts Intro . \*Tag on wall 2 after 16 counts

## I. PIVOT ½ LEFT , TURN ¾ RIGHT , SYNCOPATED SCISSOR STEP

- 1 & 2            Rock R fwd – turn ½ left recover on L – R fwd .....(6.00)  
3 & 4            Turn ½ right step L back – turn ¼ right step R to side – cross L over R .....(3.00)  
5 & 6 &        R to side – close L beside R – cross R over L – step L to side  
7 & 8 &        Close R beside L – cross L over R – rock R to side – recover on L

## II. RUMBA BOX , BACK & HOOK , ½ TURN LEFT , BACK & HOOK

- 1 & 2            Step R to side – close L beside R – step R forward  
3 & 4            Step L to side – close R beside L – step L back  
5 & 6 &        Step R back – hook L over R – step L forward – turn ½ left step R back ... (9.00)  
7 & 8 &        Step L back – hook R over L – step R forward – step L forward

\*(On wall 2 , turn ¼ left, do the 8 counts tag)

## III. WEAVE LEFT, CROSS ROCK , WEAVE RIGHT, CROSS ROCK

- 1 & 2 &        Cross R over L – step L to side – step R behind L – step L to side  
3 & 4            Cross rock R over L – recover on L – step R to side  
5 & 6 &        Cross L over R – step R to side – step L behind R – step R to side  
7 & 8            Cross rock L over R – recover on R – step L to side

## IV. WALK FORWARD , WALK BACK , ¼ TURN LEFT , SYNCOPATED BACK ROCK

- 1 & 2            Step R forward – L forward – rock R forward  
3 & 4            Recover on L – step R back – turn ¼ left step L to side .....(6.00)  
5 & 6 &        Cross rock R behind L – recover on L – step R to side – cross rock L behind R  
7 & 8 &        Recover on R – step L to side – rock R back – recover on L

\*Tag on wall 2 after 16 counts , turn ¼ left (facing front wall)

- 1 – 8            sway right – hold – sway left – hold – sway right – hold – sway left – hold

Happy dancing !!!

Contact email : [yolaireneps@gmail.com](mailto:yolaireneps@gmail.com) , [wenarikajosephine@gmail.com](mailto:wenarikajosephine@gmail.com)