

# Fallen And Broken

Count: 48

Wand: 4

Ebene: Intermediate nightclub

Choreograf/in: Nicole Griehsler (AUT)

Musik: Bring Me Down - Miranda Lambert



## **SIDE, ROCK BACK, TURN 1¼, ROCK FORWARD, STEP BACK TWICE**

- 1 Step right foot to right side
- 2&3 Rock left foot behind, recover, make ¼ turn left step left foot forward
- 4& Turn ½ left while stepping right foot to back, ½ turn left while stepping left foot forward,
- 5 Step right foot forward
- 6& Rock left foot forward, recover
- 7 Step left foot back (slide right toe front to back)
- 8 Step right foot back (slide left toe front to back)

## **ROCK BACK, STEP, STEP TURN ½, STEP, ROCK FORWARD, ROCK BACK, RECOVER, CROSS, ½ TURN LEFT**

- 1&2 Rock left foot back, recover, step left foot forward
- 3&4 Step right foot forward, turn ½ over left shoulder end weight on left foot, step right foot forward
- 5&6 Rock left foot forward, recover, step left foot back- turn body & look back on floor (9:00)
- 7 Recover (3:00)
- 8& Cross left foot over right foot, make a ½ turn left while stepping right foot back

## **SIDE, ROCK BACK, RECOVER, SIDE, FULL TURN LEFT, COASTER STEP, ROCK STEP, RECOVER**

- 1 Left foot big step left
- 2&3 Rock right foot behind, recover, right foot to right
- 4&5 Turn ½ left while stepping left foot to left, turn ½ left while stepping right foot to right, step left foot next to right foot
- 6&7 Step right foot back, step left foot next to right foot, step right foot forward
- 8& Rock left foot forward, recover

## **TURN ½ LEFT, ROCK STEP RIGHT, TURN ¼ RIGHT, ROCK STEP LEFT, TURN ½ LEFT, WALK TWICE, ROCK FORWARD, RECOVER**

- 1 Make ½ turn left while stepping left foot forward
- 2&3 Rock right foot forward, recover, make ¼ turn right while stepping right foot forward
- 4&5 Rock left foot forward, recover, make ½ turn left while stepping left foot forward
- 6-7 Step forward right foot, step forward left foot
- 8& Rock right foot forward, recover

## **TURN ½ RIGHT, CROSS SIDE BEHIND SWEEP, BEHIND SIDE STEP, ROCK, RECOVER, TURN ½ LEFT, SIDE ROCK**

- 1 Make ½ turn right while stepping right foot forward (start sweeping left foot back to front)
- 2&3 Cross left foot over right foot, right foot to right side, step left foot behind right foot sweep front to back
- 4&5 Cross right foot behind left foot, step left foot to left side, step right foot forward
- 6&7 Rock left foot forward, recover, make ½ turn left while stepping left foot forward
- 8& Rock right foot to right side, recover

## **CROSS BEHIND, TURN 1¼ LEFT, ROCK FORWARD, RECOVER, STEP BACK, TURN 2 ½ LEFT**

- 1 Cross right foot behind left foot
- 2& ¼ turn left stepping left foot forward, ½ turn left stepping right foot back,
- 3 ½ turn left stepping left foot forward

4&5      Rock right foot forward, recover, step right foot back  
6         Make ½ turn left stepping left foot forward  
7&        Make full turn on left foot end weight on right foot, step left foot forward  
8&        Make full turn on left foot end weight on right foot, step left foot forward

**REPEAT**

**RESTART**

Dance it 4 times through, start 5th time and after count 8 step left foot next to right foot on '&' and restart

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