

I'll Break Your Fall

Count: 56

Wall: 2

Level: Phrased Intermediate

Choreographer: Therese Johnsson (SWE) - July 2016

Music: I'll Break Your Fall - Ulf Nilsson : (Single)



Intro: 16 count approx. 15s - Dance Starts At Main Vocals

Sequence of the dance: A, A-30, Tag, B, A, A-30, Tag, B, A, B-13

Part A: 40 counts

A[1-8] R Basic, R Rhonde 1/2 turn R, Behind Side, cross rock, Step diagonal, Step Turn, Step x 2

- 1,2& step RF to right side, step LF next to RF, cross RF in front of LF
3 step LF to left while doing rhondè with RF from front to back as you make 1/2 turn right(6.00)
4& step RF behind LF, LF to left side
5,6& cross rock RF in front of LF, recover on LF, step RF to right and face diagonal (7.30)
7& step LF forward, turn 1/2 right and put the weight on RF(1.30)
8& step forward on LF, step forward on RF and turn up to 12.00

A[9-16] Cross rock, Step, Cross rock, Step 1/4 right, Step, turn 1/2 x 2, Lock step

- 1,2& cross rock LF over RF, recover RF, step LF to left side
3,4& cross rock RF over LF, recover LF, 1/4 turn right stepping RF forward(3.00)
5&6 step LF forward, 1/2 turn right and weight on RF, step LF forward
7& 1/2 turn left stepping RF back(03.00), 1/2 left stepping LF fwd(09.00)
8& step RF fwd, lock LF behind RF

A[17-24] Step sweep, Cross, Step back, Step 1/2 Sweep, Step 1/2 sweep, Rock/Rec, Step 1/2 Sweep

- 1 step RF forward while sweeping LF back to front
&,2,3 cross LF in front of RF, step back on RF, step LF 1/2 turning left(03.00)
&4& step RF 1/2 turn left with an sweep(09.00), step RF while Sweeping LF front to back, step LF back
5& rock RF to right side, recover LF
6& step RF 1/2 while sweeping LF from back to front turning right(03.00), step LF over RF with a sweep
7,8& step back on RF, step LF to left turn 1/4 (12.00), cross RF over LF

A[25-32] Step fwd, Close, Step back, Close, Step fwd and Cross, L Basic, Step 1/2 turn left, Step and cross

- 1,2& step LF forward diagonal(10.30), close RF beside LF, step LF back
3,4& step RF beside LF, step LF forward, square up to 12.00 cross RF over LF
5,6& step LF to the left, step RF beside LF, step LF in front of RF

* TAG 7,8& step RF to right, Sway to the right, Sway to the left (wall 2 and 5)

- 7 and make 1/2 turn left(6.00) as you step onto RF,
8& step LF to left, step RF across LF

A[33-40] L Basic, R Basic, L Basic, step, Sway x 2

- 1,2& step LF to left side, step RF beside LF, step LF over RF
3,4& step RF to right side, step LF beside RF, step RF over LF
5,6& step LF to left side, step RF beside LF, step LF over RF
7 step RF to right side
8& sway to the right, sway to the left

Part B: 16 counts

B[1-8] Basic right, Basic left, half Diamante

- 1,2& step RF to right side, close LF to RF, cross RF over LF
3,4& step LF to left side, close RF to LF, cross LF over RF

5,6& step RF to right side, making an 1/8 turn left, step back on LF, step back on RF
7,8& step LF to left side as you square up 1/8 turn left, making 1/8 turn to left, step fwd on RF, step forward on LF

B[9-16] Basic right, Basic left, half Diamante

1,2& step RF to right side as you square up 1/8 to left, close LF to RF, cross RF over LF
3,4& step LF to left side, close RF to LF, cross LF over RF
5,6& step RF to right side as you square up 1/8 to left, step back LF, step back RF
7,8& step LF to left side as you square up 1/8 left, making 1/8 turn left and step RF forward, step LF forward

(Square up 1/8 to the left for start dancing part A)

TAG: & Step, Sway, Sway

&1,2 RF to right, Sway to the right, Sway to the left

Ending: Dance part B and end the dance at count 13 with a nice pose:)

Dance and have fun:)

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