

# Broken Heart

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Tine Hildisch (NOR) - January 2020

Music: Me and My Broken Heart - Rixton



Intro : 36 Count

- 2 Tags With Restart

## S1 Pivot ¼ - Fw lock step x 2 – Step – Sailor ½ turn

- 1-2 Step RF Forward – turn ¼ L – ( Weight on LF)  
3&4 Step RF forward – lock LF behind RF – Step RF Forward  
&5&6 Step LF Forward – Lock RF behind LF – Step LF Forward – Step RF Forward  
7&8 Cross LF Behind RF – Turn ½ turn L Step RF to R – Step LF to L

## S2 Cross Touch x 2 – Pivot ¼ - Jump x 3 ½ turn L

- 1&2& - Cross RF over LF – Step LF L – Touch R Toe R – Step RF next to LF  
3&4& - Cross LF over RF – Step RF R – Touch L Toe L – Step LF next to RF  
5-6 - Step RF Forward – Turn ¼ L – ( Weight on LF)  
7&8 - Jump x 3 while turning ½ turn L on both feet (End with weight on LF)

## S3 Samba step x 2 (Bootafogo) – ¼ Mambo – Cross shuffle

- 1&2 - Cross RF over LF – Step LF L – Step RF R  
3&4 - Cross LF over RF – Step RF R – Step LF L  
5&6 - Rock RF forward – Recover to LF – Step RF ¼ R  
7&8 - Cross LF over RF – Step RF R – Cross LF over RF

## S4 Syncopated ¼ Monterey x 2 – Mambo R – Mambo L

- 1&2& - Point Rf R – Turn ¼ R Step RF next to LF – Point LF L – Step LF next to RF  
3&4& - Point RF R – Turn ¼ R Step RF Next to LF – Point LF L – Step LF next to RF  
5&6 - Rock RF to R – Recover on to LF – Step RF next to LF  
7&8 - Rock LF to L – Recover on to RF – Step LF next to RF

On wall 2 – 4 count Tag – sway R – Sway L – sway R – Sway L – Restart the Dance

## S5 Rumba box – Shuffle back – Coaster step

- 1&2 - Step RF R – Step LF Next to RF – Step RF Forward  
3&4 - Step LF L – Step RF next to LF – Step LF back  
5&6 - Step RF Back – Step LF next to RF – Step RF Back  
7&8 - Step LF Back – Step RF Next to LF – Step LF forward

## S6 ¼ Shuffle R – Mambo Step – Behind , ¼ L turn, Step Forward– Trippel full turn

- 1&2 - Step RF ¼ R – Step LF next to RF – Step RF Forward  
3&4 - Rock LF Forward – Recover on to RF – Step LF next to RF  
5&6 - Cross RF Behind LF – Step LF ¼ L – Step RF Forward  
7&8 - Run LF – RF – LF - Full turn R

TAG - 4 Count Tag on wall 2 after 32 counts

TAG - 24 Count Tag at End of Wall 4

Tag 1 – Sway R – Sway L – Sway R – Sway L (Wall 2)

Tag 2 (Wall 4) 24 counts

S1 – Pivot ½ - Shuffle ½ - Walk Back –Walk Back – Mambo Step Back

1-2 Step RF forward – Turn 1/2 L ( Weight on LF)  
3&4 Step RF ¼ R – Step LF Next to RF – Step RF ¼ R  
5-6 Step LF Back – Step RF Back  
7&8 Rock LF Back . Recover on to RF – Step LF next to RF

**S2 - Repeat S1 Tag ( So you do S1 2 times)**

**S3 Out – out (With heels) In – In – Mambo Step R – Mambo Step L – Walk – Walk**

1& - RF Step out on heel diagonal Right – LF step out on heel diagonal Left (&)  
2& - RF back to center – LF Back to center(&)  
3&4 - Rock RF to R – Recover on to LF – Step RF next to LF  
5&6 – Rock LF to L – Recover on to RF – Step LF next to RF  
7- 8 – Walk RF – Walk LF

**Ending on wall 5 – After 24 counts – do a pivot ¼ Left , facing front.**

**Enjoy the dance**

**Contact: [tine@rockback.no](mailto:tine@rockback.no)**

---