

Ain't Gonna Break Itself

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Hiroko Carlsson (AUS) - November 2023

Music: Heart Ain't Gonna Break Itself - Jay Allen : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 16 counts)

[S1] Fwd Rock, Coaster Step, Step-Pivot 1/4R, Cross, Side

1 2 Rock forward on R, Replace weight on L
3&4 Step back on R, Step L next to R, Step forward on R
5 6 Step forward on L, Make a ¼ turn right recover weight on R (3:00)
7 8 Cross L over R, Step R to the side

[S2] Behind, Point, Behind-Side-Cross, Point, Cross-Side-Behind, Side, Point

1 2 Step L behind R, Point R to the side
3&4 Step R behind L, Step L to the side, Cross R over L
5 Point L to the side
6&7 Cross L over R, Step R to the side, Step L behind R
8 1 Step R to the side, Point L to the side

[S3] 1/4L Shuffle Fwd, Step-Pivot 1/2L, Shuffle Fwd, Step-Pivot 1/4R

2&3 Make a ¼ turn left shuffle forward on L-R-L (12:00)
4 5 Step forward on R, Make a ½ turn left recover weight on L (6:00)
6&7 Shuffle forward on R-L-R
8 1 Step forward on L, Make a ¼ turn right recover weight on R (9:00)

[S4] Fwd, Hitch, Coaster Step, Step-Pivot 1/2R, Fwd

2 3 Step forward on L, Hitch R knee
4&5 Step back on R, Step L next to R, Step forward on R
6 7 8 Step forward on L, Make a ½ turn right recover weight on R (3:00), Step forward on L

-Restart here on Wall 3 and 5

[S5] Fwd Rock, Shuffle Back, Touch-Unwind 1/2L, Step-Pivot 1/4L

1 2 Rock forward on R, Replace weight on L
3&4 Shuffle back on R-L-R
5 6 Touch L back, Unwind ½ turn left weight ends on L
7 8 Step forward on R, Make a ¼ turn left recover weight on L (6:00)

[S6] Cross Shuffle, Reverse Side Roll, Side Shuffle, Behind, 1/4L

1&2 Cross R over L, Step L close to R, Cross R over L
3 4 Make a ¼ turn right stepping back on L, Make a ½ turn right stepping forward on R
5&6 Make a further ¼ turn left stepping L to the side (6:00), Step R close, Step L to the side
7 8 Step R behind L, Make a ¼ turn left stepping forward on L (3:00)

Restart on Wall 3 count 32 (9:00) and wall 5 count 32 (3:00)

Ending suggestion: Dance up to count 15 (9:00), make a ¼ turn right stepping forward on R (12:00)

(updated: 22/Nov/23)