

# Derek's Pledge

拍数: 32                      墙数: 2                      级数: Beginner  
编舞者: Lisa McCammon (USA) - November 2015  
音乐: Break Your Heart - Derek Ryan



#16 count intro - Start weight on L

Note from choreographer: for the easiest beginner steps, go by the headings. For more experienced students, offer some of the syncopated options written in italics.

**[1-8] □ R ROCKING CHAIR, STEP FORWARD, TURN LEFT ¼, STEP FORWARD, TURN LEFT ¼**

1-4                      Rock forward R, recover weight L, rock back R, recover weight L

**(option 1&2&3&4: syncopated rocking chairs, ending weight L)**

5-8                      Step forward R, turn left ¼ [9]; repeat, ending at [6], weight L

**[9-16] □ HEEL, TOE, TRIPLE FORWARD, HEEL, CLAP, TOE, CLAP, STOMP, CLAP-CLAP**

1-2                      Touch R heel forward, touch R toes back

**(option 1&2: syncopated heel switches R&L)**

3&4                      Step forward R, close L, step forward R

5&                      Touch L heel forward, clap

6&                      Touch L toes back, clap

7                      Stomp slightly forward L

&8                      Holding on L, clap twice

**\*\* RESTART – 3rd wall**

**[17-24] □ R FORWARD MAMBO, L BACK MAMBO, ROCKING CHAIR**

1&2                      Rock forward onto R, recover weight L, step R slightly back

3&4                      Rock back onto L, recover weight R, step L slightly forward

5-8                      Rock forward onto R, recover weight L, rock back R, recover weight L

**(option: step forward R, turn left ½; repeat)**

**[25-32] □ ROCK FORWARD, RECOVER, TRIPLE BACK, BACK ROCK, RECOVER, STOMP, CLAP-CLAP**

1-2                      Rock forward onto R, recover weight L

3&4                      Step back R, close L, step back R

**(option: 1-2, 3&4: Step forward R, turn left ½, triple left RLR stepping side ¼, close, back ¼)**

5-6                      Rock back onto L, recover weight R

7                      Stomp slightly forward L

&8                      Holding on L, clap twice

**(option: 5&6&7&8: back L, close R, triple fwd LRL, clap-clap)**

**\*\*RESTART during 3rd repetition after 16 counts. You will be facing [6] for the restart.**

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