

# Break Your Heart

拍数: 64      墙数: 2      级数: Intermediate / Advanced  
编舞者: Shaz Walton (UK) - August 2009  
音乐: Break Your Heart - Taio Cruz



Count in – start on the word 'Baby'  
Styling..... Purely Optional!

## Walk back. Back. Sailor ½ . press. Back. Sailor ¼. Side.

- 1-2            Walk back right. Walk back left.
- 3&4           Cross right behind left making ¼ right. Step back left making ¼ right. Press right forward.
- 5              Step back on left.
- 6&7           Sailor ¼ Cross Right.
- 8              Step left to left side.

## Cross. Rock. Recover/Hitch. Side. Cross rock. Side. Cross. ¼. Forward

- 1              Cross step right over left.
- 2&3           Rock out to left. Recover on right as you hitch left. Step left to left.
- 4&5           Cross rock right behind left. Recover on left. Step right to right.
- 6-7-8        Cross step left over right. Make ¼ right stepping right forward. Step left forward.

## Forward. Grind. ¼. Grind ¼. Chug ¼ right x3

- 1              Step forward right.
- 2-3           Dig left heel beside right. Make ¼ left dropping left toes- taking weight
- 4-5           Dig right heel beside left. Make ¼ right dropping right toes- taking weight
- 6-7-8        Keeping right foot flat on floor make ¼ right – left foot stays flat & touches to side x 3.

(Drop weight to left on count 8)

## Ball. Cross. 1/4. Rock. Recover. Back. Shuffle ½ turn (lean Back) side

- &1            Step right beside left. Cross left over right.
- 2-3-4        Make ¼ right stepping right forward. Rock forward left. Recover on right
- 5              Step back left.
- 6&7           (leaning back- circle upper body) step right to side ¼ right. Step left beside right making ¼ right. Step right forward.
- 8              Step left to left side. (Roll Hips left)

## Side. Touch. Out. ¼. Fall. Step. ¼. Cross.

- 1-2           Step right to right side (Roll Hips Right) Touch left behind right.
- 3-4           Touch left to left side. Keeping left leg straight make ¼ left (weight on right)
- 5-6           Transfer weight to left as if falling forward. Step forward right.
- 7-8           Pivot ¼ left. Cross right over left.

## Back. Together. Forward. Rock. Recover. ½. Triple full turn. Together. Dip.

- &1            Step back left. Step right beside left. (Raise on to toes)
- 2-3-4        Step forward left. Rock forward right. Recover on left.
- 5              Make ½ right stepping right forward.
- 6&7           Full triple turn right stepping L-R-L (start to slide right up to left)
- 8              Slide right up to left bring feet together & Dip. (Weight Left) \*\* Restart Point

## Out. Out. Bump. Bump. Bump. ¼ sit (raise). Recover. Back. ¼.

- &1            Step right to right side. Step left to left.
- 2-3-4        (keeping Legs Straight) Bump hips L-R-L

5-6 (Circling hips anti clockwise) make ¼ turn left (weight back on right- raise left leg) recover on left.

7-8 Rock back right. Step left ¼ left.

**Ball. Point. Drag/dip. Contract/Roll. Hip pushes x2. Ball. Forward. Press.**

&1 Step right beside left. Touch left to left side (bending right knee)

2-3 Drag left up to right keeping knees bent. Roll/ contract upper body to resume standing position (weight right)

4-5-6 Step forward left. Push hips forward x2 (weight right)

&7-8 Step left beside right. Step forward right. Press forward on left (raise right behind if you wish)

**\*\*Restart During Second wall after count \*\*48. You will be facing the back wall.**

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