

# Cardiology

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Gary Lafferty (UK) - February 2015  
音樂: Un-Break My Heart (feat. Tasmin) (Almighty Essential Radio Edit) - Déjà Vu :  
(Album: Almighty Presents: Get To You: This is The Last Time, the Radio Edit  
Collection - iTunes)



Music Info: 130 bpm ... 32-count intro ... track length = 4:09

## S1: KICK, KICK, CHA-CHA-CHA; LEFT FORWARD ROCK, RECOVER, TRIPLE ½ TURN

1-2            Kick Right forward twice  
3&4           Step on Right foot beside Left, step on Left foot in place, step on Right foot in place  
5-6           Rock forward on Left foot, recover weight back onto Right foot  
7&8           Shuffle back on Left-Right-Left making ½ turn over Left shoulder

## S2: ROCK FORWARD, RECOVER, ¼ TURN, POINT; TRAVELLING MONTEREY TURNS

1-2            Rock forward on Right foot, recover weight back onto Left foot  
3-4            Turn ¼ Right stepping to Right side on Right foot, point Left foot out to Left side  
5-6            Turn ¼ Left stepping down onto Left foot, turn ¼ Left on ball of Left foot pointing Right foot out to Right side  
7-8            Turn ¼ Right stepping down onto Right foot, turn ¼ Right on ball of Right foot pointing Left foot out to Left side

## S3: LEFT SIDE-SHUFFLE. ROCK BACK, RECOVER; ¾ TURN, RIGHT SHUFFLE FORWARD

1&2           Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot  
3-4            Rock back on Right foot, recover weight onto Left foot  
5-6            Turn ¼ Left stepping back onto Right foot, turn ½ Left stepping forward onto Left foot  
7&8            Step forward on Right foot, step on Left foot beside Right, step forward on Right foot

## S4: SYNCOPATED ROCK FORWARD & BACK; RIGHT JAZZBOX with ¼ TURN RIGHT & TOUCH

1-2&          Rock forward on Left foot, recover weight back onto Right foot, step on Left foot beside Right  
3-4            Rock back on Right foot, recover weight onto Left foot  
5-6            Cross-step Right foot over Left, step back on Left foot  
7-8            Turn ¼ Right stepping to Right side on Right foot, touch Left foot beside Right (angling body to Right prepping for the turn)

## S5: FULL ROLLING TURN to LEFT with TOUCH; RIGHT SHUFFLE ¼ TURN, STEP FORWARD, ½ TURN

1-2            Turn ¼ Left stepping forward onto Left foot, turn ½ Left stepping back onto Right foot  
3-4            Turn ¼ Left stepping Left foot out to Left side, touch Right foot beside Left  
5&6            Turn ¼ Right stepping forward onto Right foot, step on Left foot beside Right, step forward on Right foot  
7-8            Step forward on Left foot, pivot ½ turn to Right

## S6: STEP FORWARD, KICK, BACK, TOUCH; ½ TURN, KICK, BACK, TOUCH

1-2            Step forward on Left foot, kick Right foot forward  
3-4            Step back on Right foot, touch Left foot back  
5-6            Unwind ½ turn Left placing weight onto Left foot, kick Right foot forward  
7-8            Step back on Right foot, touch Left foot beside Right

## S7: STEP, LOCK & HEEL-BALL-CROSS; ¼ TURN, ¼ TURN (\*\*), RIGHT SHUFFLE FORWARD

1-2&          Step forward on Left foot slightly to Left diagonal, lock-step Right foot behind Left, step forward on Left foot slightly to Left diagonal

- 3&4 Touch Right heel forward to Right diagonal, step down onto Right foot, cross-step Left foot over Right
- 5 Turn ¼ Left stepping back onto Right
- 6 Turn ¼ Left stepping forward onto Left foot (\*\* on walls 4 & 8, make this a ½ turn to face 12 o'clock wall)
- 7&8 Step forward on Right foot, step on Left foot beside Right, step forward on Right foot

**S8:ROCK FORWARD, RECOVER, LEFT COASTER STEP; (\*\*) 1/8 TURN, 1/8 TURN**

- 1-2 Rock forward on Left foot, recover weight back onto Right foot
- 3&4 Step back on Left foot, step on Right foot beside Left, step forward on Left foot
- (\*\*)□On wall 4, Restart the dance facing 12 o'clock. On wall 8, do the Ending**
- 5-6 Step forward on Right foot, pivot 1/8 turn to Left
- 7-8 Step forward on Right foot, pivot 1/8 turn to Left

**START AGAIN!**

**THE ENDING on wall 8 facing 12 o'clock**

- 1-4 Rock forward on Right foot, recover weight back onto Left, rock back on Right foot, recover weight onto Left foot
- 5 Take a large slide step forward on Right foot – ta dah!

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