

Don't Break This Heart

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Beginner Partner Dance, - 32 count , Intro 16 count

Position: Right open promenade facing LOD

Do not break this heart / Jack Jersey

Video

Video

www.OLD-farmers.dk

1-8 M: Side Shuffle, Back Rock Step, Point Fwd, Side Point, Sailor ¼ Turn Shuffle

1-8 W: Side Shuffle, Back Rock Step, Point Fwd, Side Point, Sailor ¼ Turn Shuffle

1 & 2 M : Side shuffle L,R,L to the left

1 & 2 W : Side shuffle R,L,R to the right

3-4 M : Rock RF back, recover on LF

3-4 W : Rock LF back, recover on RF

5-6 M : Point RF forward, side point to the right

5-6 W : Point LF forward, Side point to the left

7 & 8 M : Cross RF behind LF, ¼ turn to the right, RF next to LF, RF forward

7 & 8 W : Cross LF behind RF, ¼ turn to the left, LF next to RF, LF forward

Double hand position (M) OLOD (W) ILOD

9-16: M: Reverse Point Heel, Shuffle ¼ Turn, ½ Turn, ¼ Turn, Triple Step

9-16 W: Reverse Point Heel, Shuffle ¼ Turn, ½ Turn, ¼ Turn, Triple Step

1-2 M: Point LF next to RF left heel forward

1-2 W: Point RF next to LF right heel forward

Open position right walk

3 & 4 M: Shuffle LRL ¼ turn to the left

3 & 4 W: Shuffle RLR ¼ turn to the right

Release the hands

5-6 M: Step RF back ½ turn left, step LF ¼ turn left

5-6 W: Step LF back ½ turn right, step RF ¼ turn right

Take man's right hand and woman's left hand (M) OLOD (W) ILOD

7 & 8 M: Triple step RLR

7 & 8 W: Triple step LRL

17-24 M: Back Rock Step, Shuffle ½ Turn, Back Rock Step, Shuffle ¼ Turn

17-24 W: Back Rock Step, Shuffle ½ Turn, Back Rock Step, Shuffle ¼ Turn

1-2 M: Rock LF back, recover weight on RF

1-2 W: Rock RF back, recover weight on LF

Raise hands , the woman turns under the hands

3 & 4 M: Shuffle LRL ½ turn to the right

3 & 4 W: Shuffle RLR ½ turn to the left

Change hands (M) ILOD (W) OLOD

5-6 M: Rock RF back, recover weight on left foot

5-6 W: Rock LF back, recover weight on right foot

7 & 8 M: Shuffle RLR ¼ turn to the left

7 & 8 W: Shuffle LRL ¼ turn to the right

(M) RLOD (W) RLOD

25-32 H: Walk Back (2x), Coaster Step, Step, Pivot ½ Turn, Shuffle Fwd

25-32 F: Walk Back (2x), Coaster Step, Step, Pivot ½ Turn, Shuffle Fwd

1-2 M: Walk back L,R

1-2 W: Walk back R,L

3 & 4 M: LF back, step RF beside LF, LF forward

3 & 4 W: RF back, step LF beside RF, RF forward

Release the hands

5-6 M: RF forward, pivot ½ turn to the left

5-6 W: LF forward, pivot ½ turn to the right

Return to right open promenade position LOD

7 & 8

M: Shuffle forward RLR

7 & 8

W: Shuffle forward LRL