

Be Careful With My Heart

BEGINNER

32 Count 4 Walls

Choreographed by: Roly Ansano

Choreographed to: Please Be Careful With My Heart by Jose Mari Chan f. Regine Velasquez

[1 - 8] NIGHTCLUB TWO-STEP BASIC, TURNING NIGHTCLUB TWO-STEP BASIC

- 1 - 2 Step L to side, hold
3 - 4 Cross R behind L, recover to L
5 - 6 Step R to side, hold
7 - 8 Cross L behind R and turn 1/4 left, recover to R

[9 - 16] SIDE STEP, TURN, HIP SWAYS, CROSS STEP

- 1 - 2 Step L to side and turn 1/4 left, hold
3 - 4 Step R to side and sway right-left
5 - 6 Sway right-left and recover to L
7 - 8 Cross R over L, hold

[17 - 24] SIDE STEP, TURN, HALF-TURN PIVOT, FORWARD-TOUCH, BACK-TOUCH

- 1 - 2 Step L to side, hold
3 - 4 Turn 1/4 left and step R forward, pivot 1/2 left and recover to L
5 - 6 Step R forward, touch L behind R
7 - 8 Step L back, touch R together

[25 - 32] SCISSOR STEP, LEFT COASTER STEP, STRIDE-DRAG

- 1 - 2 Step R to side, step L together
3 - 4 Cross R over L, step L back
5 - 6 Step R together, step L forward
7 - 8 Big step L forward, drag and touch L together

REPEAT**TAG At the end of Wall 3, facing 3:00, add**

- 1 - 4 Step back L,R,L, turn 1/4 left and touch R together
5 - 8 Step R to side, step L together, step R to side, touch L together

ENDING At the end of Wall 10, facing 3:00, add

- 1 - 2 Step L back and turn 1/4 left, touch R to side and pose with hands over heart

NOTE Alternate track is Please Be Careful With My Heart by Tay Kewei f. Christian Bautista. Start dancing on third word at vocals. No TAG for this track. On Wall 10 complete the dance at regular pace ignoring the slow music. Then step L to side, turn 1/2 right to face 12:00 and pose with hands over heart.