



Approved by:



Cardiology

4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 & 4 5 – 6 7 & 8	Kick Kick, Cha Cha Cha, Forward Rock, Shuffle 1/2 Turn Kick right forward twice. Step on right beside left. Step on left in place. Step on right in place. Rock forward on left. Recover onto right. Shuffle step 1/2 turn left, stepping - left, right, left. (6:00)	Kick Kick Cha Cha Cha Rock Forward Shuffle Half	On the spot Turning left
Section 2 1 – 2 3 – 4 5 – 6 7 – 8	Forward Rock, 1/4 Turn Point, Travelling Monterey Turns Rock forward on right. Recover onto left. Turn 1/4 right stepping right to side. Point left out to left side. (9:00) Turn 1/4 left stepping left beside right. Turn 1/4 left on left, pointing right to side. Turn 1/4 right stepping right beside left. Turn 1/4 right on right, pointing left to side.	Rock Forward Quarter Point Half Point Half Point	On the spot Turning right Turning left Turning right
Section 3 1 & 2 3 – 4 5 – 6 7 & 8	Chasse, Back Rock, 3/4 Turn, Forward Shuffle Step left to side. Close right beside left. Step left to side. Rock back on right. Recover onto left. Turn 1/4 left stepping right back. Turn 1/2 left stepping left forward. (12:00) Step right forward. Close left beside right. Step right forward.	Chasse Left Rock Back Three Quarter Right Shuffle	Left On the spot Turning left Forward
Section 4 1 – 2 & 3 – 4 5 – 7 8	Syncopated Rocks, Jazz Box 1/4 Turn With Touch Rock forward on left. Recover onto right. Step left beside right. Rock back on right. Recover onto left. Cross right over left. Step left back. Turn 1/4 right stepping right to side. Touch left beside right (angling body to right, prep for turn). (3:00)	Rock Forward & Rock Back Jazz Box Quarter Touch	On the spot Turning right On the spot
Section 5 1 – 2 3 – 4 5 & 6 7 – 8	Rolling Full Turn With Touch, Shuffle 1/4 Turn, Step Pivot 1/2 Turn 1/4 left stepping left forward. Turn 1/2 left stepping right back. Turn 1/4 left stepping left to side. Touch right beside left. (3:00) Shuffle step 1/4 turn right, stepping - right, left, right. (6:00) Step left forward. Pivot 1/2 turn right. (12:00)	Quarter Half Quarter Touch Shuffle Quarter Step Pivot	Turning left Turning right
Section 6 1 – 4 5 – 6 7 – 8	Step Kick, Back Touch, Unwind 1/2, Kick, Back Touch Step left forward. Kick right forward. Step right back. Touch left back. Unwind 1/2 turn left (weight onto left). Kick right forward. (6:00) Step right back. Touch left beside right.	Step Kick Back Touch Unwind Kick Back Touch	On the spot Turning left Back
Section 7 1 – 2 & 3 & 4 5 – 6 Note 7 & 8	Step Lock & Heel Ball Cross, 1/4 Turn, 1/4 Turn, Forward Shuffle (On slight left diagonal) Step left forward. Lock right behind left. Step left forward. Touch right heel forward on right diagonal. Step right beside left. Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left forward. (12:00) Walls 4 and 8 , counts 5 – 6: Turn 1/4 left, then 1/2 left to face front wall. Step right forward. Close left beside right. Step right forward.	Left Lock & Heel Ball Cross Quarter Quarter Right Shuffle	Forward On the spot Turning left Forward
Section 8 1 – 2 3 & 4 Restart 5 – 8	Forward Rock, Coaster Step, Paddle 1/8 Turn x 2 Rock forward on left. Recover onto right. Step left back. Step right beside left. Step left forward. Wall 4: Restart the dance (facing 12:00). Wall 8: Do the ending. Step right forward. Pivot 1/8 turn left. Step right forward. Pivot 1/8 turn left. (9:00)	Rock Forward Coaster Step Paddle Turn Paddle Turn	On the spot Turning left
Ending 1 – 4 5	Wall 8 (facing 12:00): Rocking Chair, Slide Rock forward on right. Recover onto left. Rock back on right. Recover onto left. Slide right large step forward. Ta dah!	Rocking Chair Slide	On the spot Forward

Choreographed by: Gary Lafferty (UK) February 2015

Choreographed to: 'Un-break My Heart (Almighty Essential Radio Edit)' by Deja Vu feat Tasmin (130 bpm) from CD Almighty Presents: Get To You: This Is The Last Time - The Radio Edit Collection; download available from amazon or iTunes (32 count intro)

Restart: One Restart during Wall 4



A video clip of this dance is available at www.linedancerweb.com