

Derek's Pledge

32 Count, 2 Wall, Beginner

Choreographer: Lisa McCammon (USA) Nov 2015
Choreographed to: Break Your Heart by Derek Ryan
(89bpm)

16 count intro**Start weight on L****Note from choreographer: the easy steps feel slow to more experienced dancers, so I've included several syncopated options.****1-8 ROCKING CHAIR, STEP, TURN LEFT ¼, STEP, TURN LEFT ¼**

1-4 Rock forward R, recover weight L, rock back R, recover weight L

(option: syncopated rocking chairs for 1&2&3&4&, ending weight L)

5-8 Step forward R, turn left ¼ [9]; repeat, ending at [6], weight L

9-16 HEEL, TOE, TRIPLE FORWARD, HEEL, TOE, STOMP, CLAP-CLAP

1-2 Touch R heel forward, touch R toes back

(option 1&2&: syncopated heel switches R&L&)

3&4 Step forward R, close L, step forward R

5-6 Touch L heel forward, touch R toes back

(option 5&6&: clap after heel touch forward, toe touch back)

7 Stomp slightly forward L

&8 Holding on L, clap twice **** RESTART****17-24 R FORWARD MAMBO, L BACK MAMBO, ROCKING CHAIR**

1&2 Rock forward onto R, recover weight L, step R slightly back

3&4 Rock back onto L, recover weight R, step L slightly forward

5-8 Rock forward onto R, recover weight L, rock back R, recover weight L

(option: step forward R, turn left ½; repeat)**25-32 ROCK FORWARD, RECOVER, TRIPLE BACK, BACK ROCK, RECOVER, STOMP, CLAP-CLAP**

1-2 Rock forward onto R, recover weight L

3&4 Step back R, close L, step back R

5-6 Rock back onto L, recover weight R

7 Stomp slightly forward L

&8 Holding on L, clap twice

(option: 5&6&7&8: back L, close R, triple fwd LRL, clap-clap)****RESTART during 3rd repetition after 16 counts. You will be facing [6] for the restart.**