

I'll Break Your Fall

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Count: 56 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Therese Johnsson (Sweden) - July 2016

Music: I'll break your fall by Ulf Nilsson Single: I'll break your fall (2015) Time:3.51

Intro:16 count approx.15s - Dance Starts At Main Vocals

Sequence of the dance: A, A-30,Tag, B, A, A-30,Tag, B, A, B-13

Part A: 40 counts

A[1-8] R Basic, R Rhonde 1/2 turn R, Behind Side, cross rock, Step diagonal, Step Turn, Step x 2

1,2&step RF to right side, step LF next to RF, cross RF in front of LF

3step LF to left while doing rhondè with RF from front to back as you make 1/2 turn right(6.00)

4&step RF behind LF, LF to left side

5,6&cross rock RF in front of LF, recover on LF, step RF to right and face diagonal (7.30)

7&step LF forward, turn 1/2 right and put the weight on RF(1.30)

8&step forward on LF, step forward on RF and turn up to 12.00

A[9-16] Cross rock, Step, Cross rock, Step 1/4 right, Step, turn1/2 x 2, Lock step

1,2&cross rock LF over RF, recover RF, step LF to left side

3,4&cross rock RF over LF, recover LF, 1/4 turn right stepping RF forward(3.00)

5&6step LF forward,1/2 turn right and weight on RF, step LF forward

7& 1/2 turn left stepping RF back(03.00), 1/2 left stepping LF fwd(09.00)

8&step RF fwd, lock LF behind RF

A[17-24] Step sweep,Cross,Step back,Step 1/2 Sweep,Step 1/2 sweep,Rock/Rec,Step1/2 Sweep

1step RF forward while sweeping LF back to front

&2,3cross LF in front of RF, step back on RF, step LF 1/2 turning left(03.00)

&4&step RF 1/2 turn left with an sweep(09.00), step RF while Sweeping LF front to back, step LF back

5&rock RF to right side, recover LF

6&step RF 1/2 while sweeping LF from back to front turning right(03.00), step LF over RF with a sweep

7,8&step back on RF, step LF to left turn 1/4 (12.00), cross RF over LF

A[25-32] Step fwd, Close, Step back, Close, Step fwd and Cross, L Basic, Step1/2 turn left, Step and cross

1,2&step LF forward diagonal(10.30), close RF beside LF, step LF back

3,4&step RF beside LF, step LF forward, square up to 12.00 cross RF over LF

5,6&step LF to the left, step RF beside LF, step LF in front of RF

*** TAG 7,8& step RF to right, Sway to the right, Sway to the left (wall 2 and 5)**

7and make1/2 turn left(6.00)as you step onto RF,

8&step LF to left, step RF across LF

A[33-40] L Basic, R Basic, L Basic, step, Sway x 2

1,2&step LF to left side, step RF beside LF, step LF over RF

3,4&step RF to right side, step LF beside RF, step RF over LF

5,6&step LF to left side, step RF beside LF, step LF over RF

7step RF to right side

8&sway to the right, sway to the left

Part B: 16 counts

B[1-8] Basic right, Basic left, half Diamante

1,2&step RF to right side, close LF to RF, cross RF over LF

3,4&step LF to left side, close RF to LF, cross LF over RF

5,6&step RF to right side, making an 1/8 turn left, step back on LF, step back on RF

7,8&step LF to left side as you square up 1/8 turn left, making 1/8 turn to left, step fwd on RF, step forward on LF

B[9-16] Basic right, Basic left, half Diamante

1,2&step RF to right side as you square up 1/8 to left, close LF to RF, cross RF over LF

3,4&step LF to left side, close RF to LF, cross LF over RF

5,6&step RF to right side as you square up 1/8 to left, step back LF, step back RF

7,8&step LF to left side as you square up 1/8 left, making 1/8 turn left and step RF forward, step LF forward

(Square up 1/8 to the left for start dancing part A)

TAG: & Step, Sway, Sway

&1,2RF to right, Sway to the right, Sway to the left

Ending: Dance part B and end the dance at count 13 with a nice pose:)

Dance and have fun:)

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