

Cowboy Break My Heart

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Count: 32

Wall: 3

Level: High Improver

Choreographer: Joshua Talbot (AUS) - May 2025

Intro: 32 counts - Start on the word 'ONE'

Sequence: W1, T1, W2, W3, T2, W4, T1, W5, W6, T2, T2, W7-LAST WALL

Section 1: STEP, LOCK, STEP & ½, STEP, LOCK, STEP & ¼

1, 2, 3 Step R fwd, lock L behind, step R fwd,

&4 Step L together, ½ R step R slightly fwd (6.00)

5, 6, 7 Step L fwd, lock R behind, step L fwd

&8 Step R together. ¼ L step L slight to L side (3.00)

Styling: Lead with you R/L shoulders on the lock steps, your body will open to diagonal, rather than keeping your whole body straight)

Section 2: CROSS WEAVE, SAILOR, CROSS, ¼ BACK, SHUFFLE FWD

1, 2 Cross R over L, step L to L

3&4 Step R behind L, step L to L, step R to R

5, 6 Cross L over R, ¼ L step R back (12.00)

7&8 Step L fwd, step R together, step L fwd

Section 3: STOMP, HOLD, TOGETHER, FWD, TOGETHER, ¼ JAZZ BOX

1, 2 Big stomp R fwd, HOLD

&3, 4 Step L together, step R fwd, step L together

5, 6 Cross R in front of L, ¼ L step L back (3.00)

7, 8 Step R to R, step L together/cross

Section 4: V STEP, PIVOT ½, PIVOT ½

1, 2 Step R to R diagonal, step L to L diagonal

3, 4 Step R back to centre, step L back to L centre

5, 6 Step R fwd, ½ L on ball of R taking weight L

7, 8 Step R fwd, ½ L on ball of R taking weight L

[32]

Tag 1/Slow Tag (3 o'clock wall) end of wall 1 & 4

STOMP, HOLD, CROSS WEAVE, BACK SWEEP, WEAVE BEHIND, CROSS CURTSY TOUCH x2

1, 2 Stomp R fwd/slightly crossed over L, HOLD

3, 4, 5, 6 Step L over R, step R to R, step L back, Sweep R back

7, 8 Step R behind L, step L to L

1, 2, 3, 4 Step R over L, curtsy touch L behind R, step L back centre, step R centre

5, 6, 7, 8 Step L over R, curtsy touch R behind L, step R back centre, step L centre

Tag 2/Quick Tag (9 o'clock wall) end of all 3 & 6.

At the end of wall 6 this tag is done twice.

HEEL, HEEL, TOE, HEEL, PIVOT ½, PADDLE ¼, HEEL, HEEL, TOE, HEEL, ROCKING CHAIR

1&2& Touch R heel fwd, step R together, touch L heel fwd, step L fwd

3&4& Touch R toe behind L, step R back, touch L heel fwd, step L together

5, 6 Step R fwd, ½ L on ball of R taking weight L

7, 8 Step R fwd, ¼ L on ball of R foot taking weight L

1&2& Touch R heel fwd, step R together, touch L heel fwd, step L fwd

3&4& Touch R toe behind L, step R back, touch L heel fwd, step L together

5, 6, 7, 8 Rock R fwd, recover weight L, rock R back, recover weight L

Finish: Pivot to front wall stomp 3 times

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