

Give Your Heart A Break

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Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Jonat Marinas (USA) Sept. 2013

Music: Give Your Heart A Break by Demi Lovato [CD: Unbroken] iTunes

Start dance on lyrics

SIDE STEPS, TOE TOUCHES, LEFT SAILOR 1/4 TURN

- 1-2 Step R to side, step L together
- 3-4 Step R to side, touch L together
- 5-6 Touch L toes forward, touch L toes to side
- 7&8 Cross L behind R and turn 1/4 left, step R together, step L in place

TOE TOUCHES, SHUFFLE, STEP-TURN,

- 1-2 Touch R toes forward, touch R toes back
- 3&4 Shuffle forward R, L, R
- 5-6 Step L forward, turn 1/2 right
- 7-8 Step L forward, step R together

ROCK, RECOVER, BEHIND-SIDE-CROSS, ROCK, RECOVER, RIGHT SAILOR 1/4 TURN

- 1-2 Rock L to side, recover to R
- 3&4 Step L behind R, step R to side, cross L over R
- 5-6 Rock R forward, recover to L
- 7&8 Cross R behind L and turn 1/4 right, step L together, step R in place

STEP-TURN, KICK-BALL-CHANGE, STEP-TOGETHER, STEP-TOUCH

- 1-2 Step L forward, turn 1/4 right
- 3&4 Kick L forward, step L beside R, step R in place
- 5-6 Step L forward, step R together
- 7-8 Step L forward, touch R together

Repeat

Choreographer contact information: Jonat Marinas, north594@yahoo.com

