

# FALLEN AND BROKEN

LINEDANCE.COM

**Count:** 48

**Wall:** 4

**Level:** intermediate nightclub

**Choreographer:** Nicole Griehsler

**Music:** Bring Me Down by Miranda Lambert

## **SIDE, ROCK BACK, TURN 1¼, ROCK FORWARD, STEP BACK TWICE**

- 1** Step right foot to right side
- 2&3** Rock left foot behind, recover, make ¼ turn left step left foot forward
- 4&** Turn ½ left while stepping right foot to back, ½ turn left while stepping left foot forward,
- 5** Step right foot forward
- 6&** Rock left foot forward, recover
- 7** Step left foot back (slide right toe front to back)
- 8** Step right foot back (slide left toe front to back)

## **ROCK BACK, STEP, STEP TURN ½, STEP, ROCK FORWARD, ROCK BACK, RECOVER, CROSS, ½ TURN LEFT**

- 1&2** Rock left foot back, recover, step left foot forward
- 3&4** Step right foot forward, turn ½ over left shoulder end weight on left foot, step right foot forward
- 5&6** Rock left foot forward, recover, step left foot back- turn body & look back on floor (9:00)
- 7** Recover (3:00)
- 8&** Cross left foot over right foot, make a ½ turn left while stepping right foot back

## **SIDE, ROCK BACK, RECOVER, SIDE, FULL TURN LEFT, COASTER STEP, ROCK STEP, RECOVER**

- 1** Left foot big step left
- 2&3** Rock right foot behind, recover, right foot to right
- 4&5** Turn ½ left while stepping left foot to left, turn ½ left while stepping right foot to right, step left foot next to right foot
- 6&7** Step right foot back, step left foot next to right foot, step right foot forward
- 8&** Rock left foot forward, recover

**TURN ½ LEFT, ROCK STEP RIGHT, TURN ¼ RIGHT, ROCK STEP LEFT, TURN ½ LEFT, WALK TWICE, ROCK FORWARD, RECOVER**

- 1 Make ½ turn left while stepping left foot forward
- 2&3 Rock right foot forward, recover, make ¼ turn right while stepping right foot forward
- 4&5 Rock left foot forward, recover, make ½ turn left while stepping left foot forward
- 6-7 Step forward right foot, step forward left foot
- 8& Rock right foot forward, recover

**TURN ½ RIGHT, CROSS SIDE BEHIND SWEEP, BEHIND SIDE STEP, ROCK, RECOVER, TURN ½ LEFT, SIDE ROCK**

- 1 Make ½ turn right while stepping right foot forward (start sweeping left foot back to front)
- 2&3 Cross left foot over right foot, right foot to right side, step left foot behind right foot sweep front to back
- 4&5 Cross right foot behind left foot, step left foot to left side, step right foot forward
- 6&7 Rock left foot forward, recover, make ½ turn left while stepping left foot forward
- 8& Rock right foot to right side, recover

**CROSS BEHIND, TURN 1¼ LEFT, ROCK FORWARD, RECOVER, STEP BACK, TURN 2 ½ LEFT**

- 1 Cross right foot behind left foot
- 2&¼ turn left stepping left foot forward, ½ turn left stepping right foot back,**
- 3½ turn left stepping left foot forward**
- 4&5 Rock right foot forward, recover, step right foot back
- 6 Make ½ turn left stepping left foot forward
- 7& Make full turn on left foot end weight on right foot, step left foot forward
- 8& Make full turn on left foot end weight on right foot, step left foot forward

**REPEAT**

**RESTART**

**Dance it 4 times through, start 5th time and after count 8 step left foot next to right foot on '&' and restart**

