

# Derek's Pledge

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**Count:** 32                      **Wall:** 2                      **Level:** Beginner

**Choreographer:** Lisa McCammon - Nov' 2015

**Music:** Break Your Heart by Derek Ryan; 89 BPM

## #16 count intro - Start weight on L

**Note from choreographer: for the easiest beginner steps, go by the headings. For more experienced students, offer some of the syncopated options written in italics.**

### [1-8] R ROCKING CHAIR, STEP FORWARD, TURN LEFT $\frac{1}{4}$ , STEP FORWARD, TURN LEFT $\frac{1}{4}$

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

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

5-8            Step forward R, turn left  $\frac{1}{4}$  [9]; repeat, ending at [6], weight L

### [9-16] HEEL, TOE, TRIPLE FORWARD, HEEL, CLAP, TOE, CLAP, 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&            Touch L heel forward, clap

6&            Touch L toes back, clap

7            Stomp slightly forward L

&8            Holding on L, clap twice

## \*\* RESTART - 3rd wall

### [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  $\frac{1}{2}$ ; 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

**(option: 1-2, 3&4: Step forward R, turn left  $\frac{1}{2}$ , triple left RLR stepping side  $\frac{1}{4}$ , close, back  $\frac{1}{4}$ )**

**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.**

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