

Cardiology

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Gary Lafferty (Feb 2015)

Music: Un-break My Heart (Almighty Essential Radio Edit) by Déjà vu ft Tasmin. Almighty Presents: Get To You: This is The Last Time - the Radio Edit Collection] (iTunes)

Music Info: 130 bpm ... 32-count intro ... track length = 4:09

S1: KICK, KICK, CHA-CHA-CHA; LEFT FORWARD ROCK, RECOVER, TRIPLE ½ TURN

- 1-2** Kick Right forward twice
- 3&4** Step on Right foot beside Left, step on Left foot in place, step on Right foot in place
- 5-6** Rock forward on Left foot, recover weight back onto Right foot
- 7&8** Shuffle back on Left-Right-Left making ½ turn over Left shoulder

S2: ROCK FORWARD, RECOVER, ¼ TURN, POINT; TRAVELLING MONTEREY TURNS

- 1-2** Rock forward on Right foot, recover weight back onto Left foot
- 3-4** Turn ¼ Right stepping to Right side on Right foot, point Left foot out to Left side
- 5-6** Turn ¼ Left stepping down onto Left foot, turn ¼ Left on ball of Left foot pointing Right foot out to Right side
- 7-8** Turn ¼ Right stepping down onto Right foot, turn ¼ Right on ball of Right foot pointing Left foot out to Left side

S3: LEFT SIDE-SHUFFLE. ROCK BACK, RECOVER; ¾ TURN, RIGHT SHUFFLE FORWARD

- 1&2** Step to Left on Left foot, step on Right foot beside Left, step to Left on Left foot
- 3-4** Rock back on Right foot, recover weight onto Left foot
- 5-6** Turn ¼ Left stepping back onto Right foot, turn ½ Left stepping forward onto Left foot
- 7&8** Step forward on Right foot, step on Left foot beside Right, step forward on Right foot

S4: SYNCOPATED ROCK FORWARD & BACK; RIGHT JAZZBOX with ¼ TURN RIGHT & TOUCH

- 1-2&** Rock forward on Left foot, recover weight back onto Right foot, step on Left foot beside Right
- 3-4** Rock back on Right foot, recover weight onto Left foot
- 5-6** Cross-step Right foot over Left, step back on Left foot

7-8 Turn ¼ Right stepping to Right side on Right foot, touch Left foot beside Right (angling body to Right prepping for the turn)

S5: FULL ROLLING TURN to LEFT with TOUCH; RIGHT SHUFFLE ¼ TURN, STEP FORWARD, ½ TURN

1-2 Turn ¼ Left stepping forward onto Left foot, turn ½ Left stepping back onto Right foot

3-4 Turn ¼ Left stepping Left foot out to Left side, touch Right foot beside Left

5&6 Turn ¼ Right stepping forward onto Right foot, step on Left foot beside Right, step forward on Right foot

7-8 Step forward on Left foot, pivot ½ turn to Right

S6: STEP FORWARD, KICK, BACK, TOUCH; ½ TURN, KICK, BACK, TOUCH

1-2 Step forward on Left foot, kick Right foot forward

3-4 Step back on Right foot, touch Left foot back

5-6 Unwind ½ turn Left placing weight onto Left foot, kick Right foot forward

7-8 Step back on Right foot, touch Left foot beside Right

S7: STEP, LOCK & HEEL-BALL-CROSS; ¼ TURN, ¼ TURN (), RIGHT SHUFFLE FORWARD**

1-2& Step forward on Left foot slightly to Left diagonal, lock-step Right foot behind Left, step forward on Left foot slightly to Left diagonal

3&4 Touch Right heel forward to Right diagonal, step down onto Right foot, cross-step Left foot over Right

5 Turn ¼ Left stepping back onto Right

6 Turn ¼ Left stepping forward onto Left foot (** on walls 4 & 8, make this a ½ turn to face 12 o'clock wall)

7&8 Step forward on Right foot, step on Left foot beside Right, step forward on Right foot

S8: ROCK FORWARD, RECOVER, LEFT COASTER STEP; () 1/8 TURN, 1/8 TURN**

1-2 Rock forward on Left foot, recover weight back onto Right foot

3&4 Step back on Left foot, step on Right foot beside Left, step forward on Left foot

() On wall 4, Restart the dance facing 12 o'clock. On wall 8, do the Ending**

5-6 Step forward on Right foot, pivot 1/8 turn to Left

7-8 Step forward on Right foot, pivot 1/8 turn to Left

START AGAIN!

THE ENDING on wall 8 facing 12 o'clock

- 1-4** Rock forward on Right foot, recover weight back onto Left, rock back on Right foot, recover weight onto Left foot
- 5** Take a large slide step forward on Right foot - ta dah!

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