

A Heart Needs A Break

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Montana Mag - October 2017 - France

Music: A HEART NEEDS A BREAK - Eli Young Band - 115 BPM

Intro: 16 cts

SCT 1 : (Fwd, Touch 1/4, Fwd chassé) x 2

- 1 - 2 Step RF fwd, 1/4 turn left touching RF with LF (9:00)
- 3 & 4 Step LF fwd, Together on RF, Step LF fwd
- 5 - 6 Step RF fwd, 1/4 turn left touching RF with LF (6:00)
- 7 & 8 Step LF fwd, Together on RF, Step LF fwd

SCT 2 : Cross, Back, Back Rock, Fwd, Hold, Together, Fwd, Fwd

- 1 - 2 Cross RF over LF, Step LF back
- 3 - 4 Rock RF back , Recover on LF
- 5 - 6 Step RF fwd, Hold
- & 7 - 8 Together on LF, Step RF fwd, Step LF fwd

RESTART WALL 7 (w all 7 begins at 6:00, restart is at 12:00)

SCT 3 : Vine 1/4 , Rock Recover 1/4, Rock fwd, Together

- 1 - 2 Step RF on right side, Cross LF behind RF,
- 3 - 4 1/4 turn right stepping RF fwd (9:00), Rock LF fwd**
- 5 - 6 1/4 turn right recovering on RF (12:00) , Rock LF fwd**
- 7 - 8 Recover on RF, Together on LF

SCT 4 : Walk R, L, Sailor 1/4, Fwd, Touch, & Heel & Touch

- 1 - 2 Step RF fwd, Step LF fwd
- 3 & 4 Cross RF behind LF, ¼ Turn Right stepping LF on Left side, Step RF fwd (3:00)
- 5 - 6 Step LF fwd, Touch LF with RF
- & 7 & 8 Step back RF, Touch Left Heel fwd, Recover LF, Touch LF with RF

MAGALI BÉRENGER A.K.A. MONTANA MAG

Version française de la fiche :

<https://montanamag38.wixsite.com/montanamag>

<http://countryagogo.free.fr/>

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