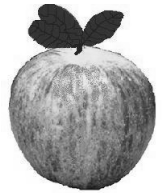


Break My Heart

Music: Dua Lupa, CD Future Nostalgia
Choreo: Yvonne Cox, e-mail: ycox@ecta.de Tel: +44 (0)8445 888851
Event: Self Isolation!

Level: Int
Time: 3.41
BPM: 116



Sequence: **A B C Break ½ A B C D C**

Intro: Wait 16 beats

Date: May 2020

Part A:

JW Vine DS DS(xif) DS S(xib) SL RS DS DS RS
L R L R R LR L R LR turn ¼ L on beat 4-5
R L R L L RL R L RL turn ¼ R on beat 4-5
&1 &2 &3 & 4 &5 &6 &7 &8

Lucy DS RS BR UP/H T(xif) H TCH(ib) H TCH(ib) H DS RS
Brush L RL R R L R R L R L R L RL turn ¼ L on beat &3
R LR L L R L L R L R L R LR turn ¼ R on beat &3
&1 &2 & 3 & 4 & 5 & 6 &7 &8

Moonshine DS DT(xif) H DT(unx) H DS DT(xif) H DT(unx) H RS BR UP/H
R L R L R L R L R L RL R R L
L R L R L R L R L R LR L L R
&1 & 2 & 3 &4 & 5 & 6 &7 & 8

Slur DS SLR S(xib) DS RS
Basic R L L R LR
L R R L RL
&1 & 2 &3 &4

Double DS BR UP/H RS BR UP/H
Brush Up L R R L RL R R L
R L L R LR L L R
&1 & 2 &3 & 4

Repeat all above (opposite footwork & direction).

Part B:

Alabama DS DT(b) H TCH(ib) H BR UP/H
L R L R L R R L
R L R L R L L R
&1 & 2 & 3 & 4

Appalachia DS DR S S DR S S
R R L R R L R
L L R L L R L
&1 & 2 & 3 & 4

Cole DS SL RS SL RS SL SL RS SL SL RS
Step L L RL L RL R R RL L L RL
Slide R R LR R LR L L LR R R LR
&1 & 2& 3 &4 & 5 &6 & 7 &8

REPEAT all using opposite footwork

Part C:

Jump JMP HL(if) SL/UP DS RS
Basic Both L L R R LR
Both R R L L RL
1 & 2 &3 &4

Joey DS BA(xib) BA(ots) BA(ots) BA(xib) BA(ots) S
L R L R L R L
R L R L R L R
&1 & 2 & 3 & 4

REPEAT Jump Basic and Joey on opposite foot

Vine DS DS(xif) DS DS(xib) DS DS(xif) DS RS
Eight L R L R L R L RL
&1 &2 &3 &4 &5 &6 &7 &8

2 Fancy DS DS(xif) BA(ots) BA(xib) BA(ots) S
Run R L R L R L
&1 &2 & 3 & 4

REPEAT All using opposite footwork

A B C Break ½ A B C D C

Break:		{palm facing fwd]	{palm facing fwd]
Arms	Up, OTS,	Hand front,	Hand front
	Both Both	L	R
	1 2	3	4

½ Part A:

JW Vine	DS DS(xif) DS S(xib) SL RS DS DS RS
	L R L R R LR L R LR turn ¼ L on beat 4-5
	&1 &2 &3 & 4 &5 &6 &7 &8
Lucy	DS RS BR UP/H T(xif) H TCH(ib) H TCH(ib) H DS RS turn ¼ L on Br Up
Brush	L RL R R L R R L R L R L RL
	&1 &2 & 3 & 4 & 5 & 6 &7 &8
Moonshine	DS DT(xif) H DT(unx) H DS DT(xif) H DT(unx) H RS BR UP/H
	R L R L R L R L R L RL R R L
	&1 & 2 & 3 &4 & 5 & 6 &7 & 8
Slur	DS SLR S(xib) DS RS
Basic	R L L R LR
	&1 & 2 &3 &4
Brush Up	DS BR UP/H DS RS
& Basic	L R R L R LR
	&1 & 2 &3 &4

Part D:

		{R arm up and fwd]	[R arm up and back]
Steps	St fwd,	St Fwd,	St back, St back
	L	R	L R
	1	2	3 4
Grape Vine	ST(ots)	ST(xib)	ST(ots) ST(tog) turn ¼ L on beat 3
Step	L	R	L R
	1	2	3 4

REPEAT three more times to face front

Pause 4 beats, arms halfway up and out to side on beat 1, stay still.

Cue Card

Wait 16 beats

Part A JW vine, Lucy Brush, Moonshine, Slur Basic, Double Brush Up **REP**

Part B Alabama, Appalachia, Cole Step Slide, **REPEAT**

Part C Jump Basic, Joey, Jump Basic, Joey, Vine 8, 2 Fancy Run, **REPEAT ALL**

Break Arms

Part ½ A JW vine, Lucy Brush, Moonshine, Slur Basic, Brush Up and Basic

Part B Alabama, Appalachia, Cole Step Slide, **REPEAT**

Part C Jump Basic, Joey, Jump Basic, Joey, Vine 8, 2 Fancy Run, **REPEAT**

Part D 4 Steps, Grapevine, repeat this four times, **PAUSE** for 4 beats

Part C Jump Basic, Joey, Jump Basic, Joey, Vine 8, 2 Fancy Run, **REPEAT ALL**

End Stand feet apart, arms out to side, hand facing forward at hip height