

DON'T BREAK MY HEART

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Record : "Don't Break My Heart" CD: Runbita Molana/Giants Of Latn
DANCE LIFE track 12
Rhythm : RUMBA ph IV+2(OP Hip Twist, Spiral) Speed: Adjust +3%
Footwork : Opposite, directions for man(lady as noted) Date : June 2014 Ver.1.0
Sequence : Intro - A - B - Amod



Meas

INTRO

1~ 8 Shadow/Wall lead foot free for both Wait 2 meas;;
Bk Ck W Develop; W Out to Fc;

- S-- 1- 2 Shadow position fc Wall trail foot free for both wait 2 meas;;
3 (Bk Ck W Develop) Ck bk L,-,-(W bk R, L knee lift, kick L foot extend),-;
4 (W Out to Fc) Rec R, fwd L, fwd R(W fwd L commence LF trn, cont LF trn sd & bk R, bk L),-;

Meas

PART A

1~ 8+ OP Hip Twist; Fan; Start Alemana; Thru to Aida; Switch Rk;
Spot Trn; Shoulder to Shoulder Twice; Q Hip Rk(handshake),,

- 1 (OP Hip Twist) Fwd L, rec R, cl L to R(W bk R, rec L, fwd R swivel 1/4 RF on R fc LOD),-;
2 (Fan) Bk R, rec L, sd R(W fwd L commence LF trn, sd and bk R cont LF trn fc RLOD, bk L),-;
3 (Start Alemana) Fwd L, rec R, sd L(W cl R, fwd L, fwd R 1/2 RF swivel on R fc partner),-;
4 (Aida) Thru R, sd L commence RF trn fc RLOD, bk R(W thru L, sd R commence LF trn, bk L),-;
5 (Switch Rk) Swivel LF on R sd L, rec R, sd L,-;
6 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L fc partner and Wall, sd R,-;
7- 8 (Shoulder to Shoulder) Fwd L to Bfly/Scar, rec R to fc, sd L,-; Fwd R to Bfly/Bjo, rec L to fc, sd R,-;
QQ + (Q Hip Rk) sd L, rec R joined right hands,

9~16 1/2 Basic; Underarm Trn; Shadow Bk Break W Spiral;
Fan(M Spot Trn Chg Hands Behind Bk); Hockey Stick;; Alemana;;

- 9 (1/2 Basic) Fwd L, rec R, sd L,-;
10 (Underarm Trn) Bk R, rec L, sd R(W XLIF commence RF turn under right hand, cont RF trn rec R, sd L),-;
11 (Shadow Bk Break W Spiral) Swivel LF on R bk L fc LOD, rec R, fwd L lead W LF spiral,- (W swivel RF on L bk R fc LOD, rec L, fwd R,-/spiral LF on R);
12 (Fan M Chg Hands Behind Bk) Fwd R commence LF trn chg right hand to left hand behind His bk, rec L cont LF trn fc Wall, sd R(W fwd L twd LOD, fwd R 1/2 LF trn, bk L),-;
13-14 (Hockey Stick) Fwd L, rec R, cl L,-(W cl R, fwd L, fwd R, left hand touch M's right cheek); Bk R slightly RF trn, rec L, fwd R(W fwd L twd RDW, fwd R LF trn under lead hand fc partner, bk L,-)end fc partner and RDW;
15-16 (Alemana) Fwd L, rec R, cl L(W bk R, rec L, sd R),-; Bk R, rec L, sd R fc Wall(W RF trn under lead hand fwd L, cont RF trn fwd R, sd L),-;

Meas

PART B

1~ 8 Lariat 3(M Swivel Fc); Fence Line w/Arm; New Yorker; Spot Trn;
(handshake)Trade Place Twice;; Trade Place W Spiral; W Out to Fc;

- 1 (Lariat 3 M Swivel fc COH) Sd L, rec R, cl L swivel LF on L fc COH(W circle man CW with joined lead hands fwd R, fwd L, fwd R fc partner),-;
2 (Fence Line w/Arm) XRIF of L ck trail hand arm circle CCW(W CW), rec L, sd R,-;
3 (New Yorker) LOP/LOD Ck thru L, rec R fc partner, sd L,-;
4 (Spot Trn) XRIF of L commence LF trn, cont LF trn rec L fc partner & COH, sd R,-;
5- 6 (Trade Place Twice) Right hands joined apt L, rec R commence RF(W LF) trn, fwd & sd L cont RF trn fc Wall chg left hands joined,-; Apt R, rec L commence LF(W RF) trn, fwd & sd R cont LF trn fc COH chg right hands joined,-;

- 7 (Trade Place W Spiral) Apt L, rec R commence RF(W LF) trn, fwd & sd L cont RF trn
fc Wall lead W LF spiral, -(W apt R, rec L, fwd R, spiral LF on R);
8 (W Out to Fc) Bk R, rec L, fwd R(W fwd L twd Wall, fwd R 1/2 LF trn, bk L) chg lead
hands joined, -;

Meas

PART Amod

1~ 8 OP Hip Twist; Fan; Start Alemana; Thru to Aida; Switch Rk;
Spot Trn; Shoulder to Shoulder; (handshake) Underarm Trn;

1- 7 Repeat meas 1-7 of Part A:;;;;;

- 8 (Underarm Trn) Right hands joined bk R, rec L, sd R(W XLIF commence RF turn under right
hand, cont RF trn rec R, sd L), -;

9~14 Shadow Bk Break W Spiral; Fan(M Spot Trn Chg Hands Behind Bk);
Hockey Stick;; Fwd Basic in 4 w/Cl; Cuddle Corte w/ Leg Crawl;

9-12 Repeat meas 11-14 of Part A:;;;;;

- QQQQ 13 (Fwd Basic in 4 w/Cl) Fwd L, rec R, bk L, cl R(W fwd L) blend Cuddle position;
S- 14 (Cuddle Corte w/Leg Crawl) Sd & bk L flex L knee, -(W sd & fwd R, left leg up along man's
outer thigh with toe pointed to floor),