

UNBREAK MY HEART

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MUSIC: "Regresa a Mi" (Unbreak My Heart) on either "Il Divo" album or "Il Divo - Ancora" album by Il Divo available on I-Tunes
RELEASE DATE: September, 2009 **RHYTHM:** Rumba
FOOTWORK: Opposite, except where indicated
SEQUENCE: Intro, A, B, A, B(Mod), Inter, A(Meas 1-8), C, C(Mod)
ROUNDALAB PHASE: VI (Includes Unphased Modified Lindy Catch With Spirals and Explosion)

Dedicated to the DonEll Round Dancers, who literally "Unbroke My Heart" after my open heart surgery last October and took care of me during my recuperation.

INTRODUCTION

Meas 1-14 WAIT 3 PICK-UP NOTES; 3 CUDDLES;;; SIDE LUNGE,-,-,-; HOLD, HIP ROCK 3; FULL BASIC;; NEW YORKER; AIDA; SWITCH CROSS; AIDA; SWITCH CROSS; HIP ROCK 3;

In sweetheart position (M's hnds arnd W's waist and W's hnds arnd M's neck) M's R ft free (W's L) wait for the 3 pick-up notes; Side R,-, extndng R arm out to R, Rec L, Cl R to L (W Swvlng LF ½ on R bk L,-. Rec R Swvlng

to face Ptnr, Cl L to R); Side L,-, extndng L arm out to L, Rec R, Cl L to R (W Swvlng RF ½ on L bk R,-, Rec L

swvlng to face Ptnr, Cl R to L); Repeat 2nd Meas. blndng to CP; Side L with soft lunging action,-,-,-, Rec R, Rec L, Rec R; Fwd L, Rec R, Side L,-; Bk R, Rec L, Side R,-; Ck thru L to RLOD, Rec R, Side L,-; Bringing trng hnds btwn prtntshp Thru R, Side L swvlng RF on L (W LF on R), Bk R twd LOD to end in V Bk to Bk Pos fcg RLOD and COH,-; Swvlng LF on R (W RF on L) Side L twd LOD Rec R Swvlng RF on R Fwd L twd RLOD, Swvl LF on L to face Ptnr; Repeat Meas 10 & 11 to CP;; Rk Side R, Rec L, Rk Side R,-;

PART A

Meas 1-4 ALEMANA TO A ROPESPIN TO OPEN;;;;

Fwd L, Rec R, Cl L to R,-; Bk R, Rec. L, Cl R to L,-; Side L, Rec R, Cl L to R,-; Side R, Rec L, Cl R to L trng LF¼ to face LOD,-(W Bk R, Rec L, Fwd & Sd R cmncng RF trn under jnd lead hnds,-; Fwd L cntng trn, Fwd R twd RLOD,

Fwd L, Spiral RF under jnd ld hands; Fwd R, L, R arnd M,-; Fwd L, R, L swvlng RF on L to face LOD,-);

Meas 5-8 SLIDE THE DOOR; ROCK SIDE, RECOVER, FWD,-; PROGRESSIVE WALK 3 TO FACE; WHIP TO BFLY;

Rk side L, Rec R, XLIF of R to LOP,-; Rk side R, Rec L, Fwd R,-; Fwd L, Fwd R, Fwd L trng LF to face Ptnr and COH to low BFLY,-; Bk R a small step trng LF ¼, Rec L trng LF ¼ to face wall, Side R,- (W Fwd L twd M's L side trng LF, Fwd R cntng trn, Side L,-) ending in BFLY Wall;

Meas 9-12 OPEN BREAK TO THE CONTINUOUS NATURAL TOP TO BFLY;;;;

Bk L extending R hnd up past ear and trng out, Rec R brngng R dwn & swvlng RF to face RLOD, Side L short step,- (W Bk R extending L hnd up past ear and trng out, Rec L brngng L hnd dwn & swvlng RF to face LOD, Side R short step,-); XRIB of L, Side L, XRIB of L,-; Side L, XRIB of L. Side L,-; XRIB of L, Side L, Side R,- (W Fwd L, Fwd R sprng LF, Fwd L arnd M,-; Fwd R, Fwd L, Fwd R arnd M,-; Fwd L, Fwd R sprng LF, Side L,-) ending in BFLY fcg wall;

Meas 13-16 CK FWD, LADY DEVELOPE,,; BK TRN, SIDE, REC,-; SPT TRN; CUCARACHA TO CP;

Fwd L twd DRW,,,-(W Bk R, Raise L leg up with knee bent, Kick L leg out with toe pointed out,-); Bk R trng LF to face Wall, Sd L, Rec R,-; XLIF of R twd RLOD, Swvlng RF on L Fwd R twd LOD, Fwd L, Swvl RF on L to face wall,-; Side R, Rec L, Cl R to L,- ending in CP;

PART B

Meas 1-4 NATURAL OPENING OUT WITH HIP TWIST; LADY FAN; HOCKEY STICK;;

Fwd L twd Wall into a press line ldng W to swvl RF on L, Rec R ldng W to swvl LF on L, Side L twd LOD, ld W to swvl RF on R (W Swvlng RF on L to face wall Bk R, Rec L swvlng LF on L to face ptrn, Side R, Swvl RF on R to face

LOD); Bk R, Rec L, Cl R to L,- (W Fwd L twd LOD, Fwd R swvlng LF ½ trn to fc RLOD, Bk L still fcg RLOD,-); Fwd L extndng jnd ld hnd out twd W causing W to Cl, Rec R, Cl L to R,- Bk R rsng jnd ld hnds btwn faces, Rec L Swvlng RF 1/8 trn to fc DRW. Fwd R,- (W Cl R to L, Fwd L twd RLOD, Fwd R,-; Fwd L, Fwd R trng LF to face ptrn, Bk L,-);

Meas 5-8 ROCK TO THE BACK LOCKS WITH PATTY-CAKES ENDING IN BFLY;;;;

Rk Fwd L, Rec R, Bk L swvlng LF 1/8 trn fcng RLOD tchnng L palms tog,-; Bk R, XLIF of R. Bk R tchnng R palms tog,-; Bk L, XRIF of L, Bk L tchnng L palms tog,-; Bk R, XLIF of R, Bk R swvlng LF to fc Wall ending in BFLY,-;

Meas 9-12 FLIRT;; SWEETHEART; SWEETHEART TO FACE;

Rk Fwd L, Rk Bk R, Side L ldng W to trn LF to end in varsouvienne pos,-; Rk Bk R, Rec L, Side R,- (W Rk Bk L, Rec R, Side L to L varsouvienne,-); Ck fwd L extndng arms out and crvd, Rec R, Side L,- (W Ck bk R extndng arms out and crvd parallel to M's arms, Rec L, Side L to M's R side,-); Ck Fwd R extndng arms out and crvd, Rec L, Side R ldng W with L hands to trn LF to face man,- (W Ck Bk L extndng arms out and crvd to parallel M's arms, Rec R, Side L trng LF to face M,-);

Meas 13-16 FENCE LINE; UNDERARM TURN; HAND TO HAND; NEW YORKER;

In BFLY Ck thru L, Rec R, Side L,-; Bk R, Rec L, Side R,- (W XLIF of R undr jnd lead hnds trng RF, Fwd R twd RLOD cntng trn, Side L fcg Ptrn,-); Swvlng LF on R Bk L twd RLOD, Rec R swvlng RF to face ptrn, Side L,-; Brngng jnd trng hands thru ptrnrshp ck thru R twd LOD, Rec L trng to face ptrn, Side R,-;

REPEAT PART A

REPEAT PART B MEAS 1-14

Meas 15 HAND TO HAND IN 4;

Swvlng LF on R Bk L twd RLOD, Rec R swvlng RF to face ptrn, Side L, Rec R;

INTERLUDE

Meas 1-8 ALEMANA TO A MODIFIED LARIAT;;; SPT TRN; CRAB WALKS;; SPT TRN; WHIP;

Repeat Part A Meas 1-2;; Trn LF undr jnd lead hands L, R, L,- to face ptrn & COH (W fwd R, L, R,- arnd M ending to face Wall); XRIF of L twd RLOD, Swvlng LF on R fwd L twd LOD, Fwd R twd LOD & swvl on R to face ptrn,-; Blndng to BFLY XLIF of R, Side R, XLIF of R,-; Side R, XLIF of R, Side R,-; Repeat Part A Meas 15; Repeat Part A Meas 8;

REPEAT PART A MEAS 1-8

PART C

Meas 1-4 MODIFIED LINDY CATCH WITH SPIRALS;;;;

Rk bk L, Rec R, Fwd L to W's R side & momentarily place R hand on W's tummy, Spiral RF on L; Fwd R, L, R arnd W ending behnd W,-; Fwd L, R, L, Spiral RF on L to end at W's L side; Fwd R, L, R. to end fcg W and Wall -; (W Rk bk R, Rec L, Fwd R & extnd both hands straight fwd,-; Side L, rec R, cl L to R,-; Side R, rec L, cl R to L,-; Rk fwd L, Rec R, Bk L,-);

Meas 5-8 SHOULDER TO SHOULDER; SPOT TURN; HAND TO HAND; NEW YORKER;

In BFLY XLIF of R twd DRW, Rec R, Side L,-; XRIF of L twd LOD, Swvng LF on R fwd L twd RLOD, fwd R, SWVL on R to face wall; Repeat Part B Meas 15 & 16;

Meas 9-12 EXPLOSION TO BOLERO BJO; WHEEL SIX;; LADY OUT TO A FAN;

Rk bk L brngng hands up in frnt of bdy and straight over head, Rec R, fwd L to W's R side and wrap R arm arnd W's waist and join L hnds high over heads,-; Wheel fwd R, L, R,-; L, R, L,- to end fcg LOD; Trn RF ¼ trn to face Wall & lead W out to a fan with joined L hnds R, L, R,- (W swvl RF on R to face LOD Fwd L, Fwd R swvng LF on R to

face RLOD, Bk L & chngng to joined lead hands,-);

Meas 13-16 STOP AND GO HOCKEY STICK;; ALEMANA;;

Rk fwd L extndng ld hand twd W, Rec R, Cl L to R raising L hand up btwn faces to lead W to trn LF,-; Xck R twd LOD and pleng R hnd on W's L shldr blade, Rec L Cl R to L; (W Cl R to L, fwd L twd RLOD, fwd R swvng LF on R to face LOD,-; Sit bk on L kicking R ft fwd & extending L hnd straight up, Rec L swvng RF on L to face RLOD, Bk L,- to Fan position;) Repeat Part A Meas 1 & 2;;

PART C (MOD)

REPEAT PART C1 MEAS 1-11

Meas 12-14 BLEND TO CP; SIDE LUNGE TO PROM SWAY OVERSWAY & CHANGE SWAY;;

Trn RF ¼ to blnd to CP R, L, R,- (Bk L trng RF ¼ trn to blnd to CP, R, L,-); Side L with strng Rt Side strch lookng

over jnd ld hnds, slowly change to a left side stretch as you slowly trn heads to look twd RLOD;;