

Broken Hearted Lovers

64 count, 4 wall, intermediate level

Choreographer: Geri Morrison (UK) March 2006

Choreographed to: Break My Stride by Blue Lagoon, Album: Club Lagoon (106 bpm)

Intro: Start the dance on Main vocals on ain't

Section 1 Walk Left, Right, Rock Forward and Side and X 2

- 1-2 Walk Forward Left, Then Right,
- 3& Rock Forward on Left, Recover Weight on Right,
- 4& Rock Left To Left Side, Recover Weight on Right,
- 5-6 Walk Forward Left, then Right,
- 7& Rock Forward on Left, Recover Weight on Right,
- 8& Rock Left To Left Side, Recover Weight on Right,

Section 2 Shuffle Back, Shuffle 1/2 Turn, Bump Hips Left then Right, Bump Hips Left, Right, Left

- 1&2 Shuffle Back Left, Right, Left,
- 3&4 Make 1/2 Turn Right Shuffling Forward Right, Left, Right,
- 5-6 Bump Hips Left, Right,
- 7&8 Bump Hips Left, Right, Left, (6 o'clock)

Section 3 Side Behind, Side and Behind Side, Side Behind, Side and Behind Side

- 1-2 Step Right to Right Side, Cross Left Behind Right,
- 3&4 Step Right to Right, Cross Left behind Right, Step Right to Right,
- 5-6 Step Left To Left Side, Cross Right Behind Left
- 7&8 Step Left To Left, Cross Right Behind Left, Step Left To Left,

Section 4 Cross Right, 3/4 Turn Left Hitching Left, Lock Step Forward, Full Turn Forward, Mambo Step

- 1-2 Cross Right Over Left Unwind 3/4 Turn Left, Hitch Left In front of Right,
- 3&4 Lock Step Forward Left, Right, Left
- 5-6 Make a Left Full Turn Traveling Forward Stepping Right, then Left, (9 o'clock)
- 7&8 (Right Mambo) Rock Forward on Right, Recover Weight on Left Step Right Next to Left,

Section 5 Cross Rock, Side Rock, Behind Side In front, Side Rock, Triple Full Turn Left

- 1& Cross Left Over Right, Recover Weight on Right,
- 2& Side Rock Left to Left Side, Recover Weight on Right,
- 3&4 Cross Left Behind Right, Step Right to Right Side, Cross Left over Right,
- 5-6 Step Right To Right Side, Recover Weight on Left,
- 7&8 Triple Full Turn Left Stepping Right, Left, Right, (On the Spot) (9 o'clock)

Section 6 Side Together, Side Together Back, Rock Back, Step Ball Step 1/2 Turn Right

- 1-2 Step Left To Left Side, Bring Right beside Left,
- 3&4 Step Left To Left Side, Bring Right beside Left, Step Back On Left,
- 5-6 Rock Back on Right, Recover Weight on Left,
- 7&8 Step forward on Right, Make 1/2 Turn Right on Ball of Left, Step Forward on Right,

Restart here facing 3 o'clock

Section 7 Pivot 1/2 Turn Right, Kick Ball Cross, Step Back, Step Side, Cross Step Side

- 1-2 Step Forward on Left, Pivot 1/2 Turn Right, (Weight on Right)
- 3&4 Kick Left Forward, Step Left beside Right, Cross Right over Left,
- 5-6 Step Back On Left, Step Right To Right Side,
- 7&8 Cross Left Over Right, Step Back on Right, Step Left to Left Side,

Section 8 Pivot 1/2 Turn Left, Kick Ball Cross, Step Back, Step Side, Cross Step Side

- 1-2 Step Forward on Right, Pivot 1/2 Turn Left,
- 3&4 Kick Right Forward, Step Right beside Left, Cross Left over Right,
- 5-6 Step Back on Right, Step Left To Left Side,

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7&8 Cross Right over Left, Step Back Left, Step Right to Right Side,

Note: There is 1 restart on First wall facing 3 o'clock, Do 48 counts then start from Beginning