

Un-Break My Heart

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Choreographers: Chris and Gail Johnson 353 Indian Hills Trail Marietta, Georgia 30068
Phone & email (770) 578-9032 cjohnson@mindspring.com
Record Tony Braxton Secrets CD La Face Records 73008-26020-2 Track 4 Time: 4:30
Rhythm Rumba Phae IV + 1 Unphased (NY in 4)
Footwork Opposite unless otherwise indicate (**W** lady's footwork between brackets)
Sequence Intro, A, B, A, B, C, D, End

To Mrs. Anne P. Gupton ; for being a Teacher, a Mentor and a Friend

INTRO:

- 1-3 BFLY/W - WAIT 3 MEAS ; ; ;**
1-3 In BFLY fcg WALL - lead foot free - wait three meas ; ; ;
- 4-5 CUCARACHA w/ ARMS - TWICE ; ;**
QQS; 4 {Cucaracha} sd L w/ partial wt and ft rotation on ball of foot, rec R, sd L, - ; <L arm w out, up & down>
QQS; 5 {Cucaracha} sd R w/ partial wt and ft rotation on ball of foot, rec L, sd R, - ; <R arm sw out, up & down>
- 6-9 REV.UNDERARM TURN ; UNDERARM TURN ; SHOULDER-SHOULDER - TWICE ; ;**
QQS; 6 {Rev Underarm Turn} xLif R, rec R, sd L, - ; (**W** xRif L trn L, rec L trn L, sd R, - ;)
QQS; 7 {Underarm Turn} bk R, rec L, sd R, - ; (**W** xLif R trn R, rec R trn R, sd L, - ;)
QQS; 8 {Shoulder-Shoulder} rk fwd L, rec R [fc], sd L, - ; (**W** rk bk R, rec L [fc], cl R, - ;)
QQS; 9 {Shoulder-Shoulder} rk fwd R, rec L [fc], sd R, - ; (**W** rk bk L, rec R [fc], cl L, - ;)

A

- 1-4 FULL BASIC ; ; FENCELINE - TWICE ; ;**
QQS; 1-2 {Full Basic} fwd L, rec R, sd L, - ; bk R, rec L, sd R, - ;
QQS; 3 {Fenceline} thru L bendg L knee, rec R, sd L, - ;
QQS; 4 {Fenceline} thru R bendg R knee, rec L, sd R, - ;
- 5-8 ALLEMANA - overturn to a Lariat Position ; ; LARIAT in 6 ; ;**
QQS; 5-6 {Allemana} fwd L, rec R, cl L ldg W to trn RF w/ jnd lod hnds, - ; bk R, rec L, sd R, - ; (**W** bk R, rec L, sd R comm RF swvl, - ; cont RF swvl undr jnd lod hnds cl L, cont RF swvl fwd R, fwd L to M's R sd to prepare for lariat, - ;)
QQS; 7-8 {Lariat} stp in pcl L. R, L. - ; R, L, R - , [BFLY WALL] ; (**W** circ around man jnd lod hnds fwd R, fwd L, fwd R, - ; fwd L, fwd R, sd L end fac M, - ;)
- 9-12 NY in 4 ; SPT TRN ; NY in 4 ; SPT TRN ;**
QQQQ; 9 {New Yorker in 4} xLif R to opn rev/lod, rec R to fc, sd L, cls R ;
QQS; 10 {Spot Turn} xLif trn R, rec R trn R, sd L, - ;
QQQQ; 11 {New Yorker in 4} xRif L to opn lod, rec L to fc, sd R, cls L ;
QQS; 12 {Spot Turn} xRif trn L, rec L trn L, sd R, - ;
- 13-16 FWD BAS ; BK BASIC to open LOD ; KIKI WALK 6**
QQS; 13 {Forward Basic} fwd L, rec R, bk L, - ;
QQS; 14 {Back Basic} bk R, rec L, fwd R, trn LF LOD [Rev/LOD on 2nd time thru];
QQS; 15 {Kiki Walks} fwd L, fwd R, fwd L, - ;
QQS; 16 {Kiki Walks} fwd R, fwd L, fwd R, - ;

B

- 1-4 SLIDING DOOR - TWICE ; ; PROGRESSIVE WALK 6 to FACE ; ;**
QQS; 1 {Sliding Door} rk apt L, rec R, xLif R, - ;
QQS; 2 {Sliding Door} rk apt R, rec L, xRif L, - ;
QQS; 3 {Progressive Walk} fwd L, fwd R, fwd L, - ;
QQS; 4 {Progressive Walk} fwd R, fwd L, fwd R, trn RF to Wall ;
- 5-8 CHASE PEEK-A-BOO ; ; ;**
QQS; QQS; 5-8 {Chase Peek-a-Boo} fwd L trn ½ RF, rec R, cl L, - ; sd R look over L shldr, rec L, cl R, - ; sd L look over R shldr, rec R, cl L, - ; fwd R trn LF ½, rec L, cl R, - ;
QQS; QQS; (**W** bk R, rec L, cl R, - ; sd L, rec R, cl L, - ; sd R, rec L, cl R, - ; fwd L, rec R, bk L, - ;)
- 9-12 OPEN BREAK ; WHIP ; CUCARACHA - TWICE ; ;**
QQS; 9 {Open Break} rk apt L ext free arm up w/ palm out, rec R lower free arm, sd L, - ;
QQS; 10 {Whip BFLY COH} bk R trn 1/4 LF, rec fwd L cont trn 1/4, sd R, - ; (**W** fwd L, outsd ptrn on L sd, fwd R trn ½ LF, sd L, - ;)
QQS; 11-12 [Repeat measures 4-5 of Intro]

- 13-16** **1/2 BASIC ; to a FAN ; ALLEMANA ; ;**
 QQS; 13 {Half Basic} fwd L , rec R , sd L , - ;
 QQS; 14 {Fan} bk R, rec L, sd R, - ; (**W** fwd L, sd & bk R trn LF 1/4, bk L, - ;)
 QQS; 15-16 [Repeat measures 5 - 6 of **A** - ending facing wall]
 QQS;

Repeat A & B**C**

- 1-8** **DBL CHASE PEEK-A-BOO ; ; ; ; ; ; ; ;**
 QQS; QQS; 1-8 {Double Chase Peek-a-boo} fwd L trn ½ RF, rec R, cl L, -; sd R look over L shldr, rec L, cl R, -; sd L look over R shldr, rec R, cl L, -; fwd R trn LF ½, rec L, cl R, -; sd L (turn head RF to look at W), rec R, cl L, -; sd R (turn head LF to look at W), rec L, cl R, -; fwd L, rec R, cl L, -; bk R, rec L, fwd R, -; (**W** bk R, rec L, cl R, -; sd L (turn head RF to look at M), rec R, cl L, -; sd R (turn head LF to look at M), rec L, cl R, -; fwd L trn RF ½, rec R, cl L, -; sd R look over L shldr, rec L, cl R, -; sd L look over R shldr, rec R, cl L, -; fwd R trn LF ½, rec L, cl R, -; fwd L, rec R, bk L, -;)
 QQS; QQS;
 QQS; QQS;
 QQS; QQS;
- 9-12** **TIMESTEP - TWICE ; ; HAND to HAND - TWICE ; ;**
 QQS; 9 {Timestep} xLib R , rec R , sd L , - ;
 QQS; 10 {Timestep} xRib L , rec L , sd R , - ;
 QQS; 11 {Hand to Hand} xLib R to sd by sd , rec R to fc , sd L , - ;
 QQS; 12 {Hand to Hand} xRib L to sd by sd , rec L to fc , sd R , - ;
- 13-16** **FORWARD BASIC ; BACK BASIC to OPEN ; KIKI WALK 6 ; ;**
 QQS; QQS; 13,14 [Repeat measures 13 - 14 of **A**
 QQS; QQS; 15,16 [Repeat measures 15 - 16 of **A**

D

- 1-4** **SLIDING DOOR - TWICE ; PROGRESSIVE WALK 6 to FAC ; ;**
 QQS; QQS; 1, 2 [Repeat measures 1 - 2 of **A**]
 QQS; QQS; 3, 4 [Repeat measure 3 - 4 of **A**]
- 5-8** **CHASE ; ; ; ;**
 QQS; QQS; 5 - 8 {Chase} fwd L trn RF 1/2, rec R, fwd L, -; fwd R trn LF 1/2, rec L, fwd R, -; fwd L, rec R, bk L, -; bk R, rec L, fwd R, -; (**W** bk R, rec L, fwd R, -; fwd L trn RF 1/2, rec R, fwd L, -; fwd R trn LF 1/2, rec L, fwd R, -; fwd L, rec R, bk L, -;)
 QQS; QQS;
- 9-12** **TIMESTEP - TWICE ; ; CUCARACHA - TWICE ; ;**
 QQS; QQS; 9, 10 [Repeat measures 9 - 10 of **C**]
 QQS; 11,12 [Repeat measures 4 - 5 of **Intro**]
- 13-16** **OPEN BREAK ; WHIP ; NY - TWICE ; ;**
 QQS; 13 {Open Break} [Repeat measure 9 of **B**]
 QQS; 14 {Whip} [Repeat measure 10 of **B** to Butterfly/COH]
 QQS; 15 {New Yorker} xLif R to opn rev/lod, rec R to fc, sd L, - ;
 QQS; 16 {New Yorker} xRif L to opn lod, rec L to fc, sd R, - ;
- 17-20** **OPEN BREAK ; WHIP ; NY - TWICE ; ;**
 QQS; 17 {Open Break} [Repeat measure 9 of **B**]
 QQS; 18 {Whip} [Repeat measure 10 of **B** to Butterfly/Wall]
 QQS; 19 {New Yorker} [Repeat measure 15 of **D**]
 QQS; 20 {New Yorker} [Repeat measure 16 of **D**]
- 21-24** **AIDA ; SWITCH ROCK ; FULL BASIC ; ;**
 QQS; 21 {Aida} thru L trn RF, sd R & bk trn to fc lod, bk L to slight bk to bk "V" posn, - ;
 QQS; 22 {Switch Rock} sd R trn to fc ptrn brng jnd hnds thru, rec L, sd R, - ;
 QQS; QQS; 23-24 {Full Basic} [Repeat measures 1 - 2 of **A**]

END

- 1-4** **AIDA ; SWITCH ROCK ; FULL BASIC ; ;**
 QQS; QQS; 1 - 4 [Repeat measure 21 - 24 of **D**]
 QQS; QQS;
- 5-7** **AIDA ; SWITCH ROCK ; DIP BK w/ LEG CRAWL ;**
 QQS; 5, 6 [Repeat measures 21 - 22 of **D**]
 QQS; 7 Dip Back on L, leaving Rt leg extended, & hold (**W** fwd R - slight LF body rotation - slowly draw L leg up outside of M's Rt leg w/ toe pointed down)

