

The Heart You Break May Be Your Own

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Music: The Heart You Break May Be Your Own by Ann Breen. Available as an Amazon download

YouTube link: https://www.youtube.com/watch?v=RbPvA_a-I_M&list=RDRbPvA_a-I_M&start_radio=1

Rhythm: Waltz - Phase II+1 (Interrupted Box)

Footwork: Opposite. Directions for the Man unless otherwise indicated.

Sequence: Intro-A-B-A(9-16)-Bri-B-A(1-7)-End Recommended Speed - 50 rpm (112%) Time @ 50rpm - 2:24

MEAS

INTRO

1-4 IN BFLY WAIT 2 MEAS;; APT PT; TOG TO BFLY;

1-4 In BFLY, Wait 2 meas;; Apt L,-, pt R,-; Tog R to BFLY/WALL, tch L,-;

PART A

1-4 WZ AWAY; THRU TWIN TWICE;; PU;

1-4 Fwd L trng 1/4 lf to OP, fwd R, cl L; Fwd R comm rf (W lf) trn, sd L to LOP REV, cl R; Fwd L comm lf (W rf) trn, sd R to OP LOD, cl L; Small fwd R leading W to CP, sd & fwd L, cl R; (W Fwd L comm lf trn to CP, sd & bk R, cl L;)

5-8 2 LFT TRNG WZ;; CANTER TWICE;;

5-6 Fwd L trng 1/4 lf, sd R trng 1/8 lf, cl L; Bk R trng 1/4 lf, sd L trng 1/8 lf, cl R; [CPWALL]

7-8 Sd L, Draw R to L, cl R; Sd L, Draw R to L, cl R;

9-12 WZ AWAY; PICKUP; FWD WZ; DRIFT APT;

9-10 Repeat meas 1; Repeat meas 4;

11-12 Fwd L, fwd & slightly sd R, cl L; Sip R, L, R (W bk L, bk & slightly sd R, cl L) to LOP WALL;

13-16 TWIN OUT; TWIN IN TO CPLOD; 2 LFT TRNG WZ to BFLY (2nd time to CP WALL);;

13-14 Thru L twd WALL, sd R trn lf to OP COH, cl L; Thru R twd COH, sd L trn rf to CP LOD, cl R;

15-16 Repeat meas 5-6 to BFLY WALL (2nd time to CP WALL)

PART B

1-8 WZ AWAY; WRAP THE LADIES; LACE UP;;; TWRL VINE ; PU TO SCAR;

1-2 Sd & fwd L trng away from ptr, fwd R, cl L; Fwd R, fwd L, cl R (Fwd L comm lf trn, fwd R cont lf trn, cl L comp lf trn) to WRAP LOD;

3-6 With W crossing in front of M under lead hnds Fwd L, fwd R, cl L; Fwd R, fwd L, cl R; With W crossing back in front of M under trailing hands Fwd L, fwd R, cl L; Fwd R, fwd L, cl R to BFLY WALL;

7-8 Sd L comm slight RF trng leading W to trn RF under jnd lead hnds, XRib, sd L comm slight LF trn (sd & fwd R comm RF trn under jnd lead hnds, sd & bk L cont RF trn sd & fwd R comp RF trn) ; Maintaining lead hnds jnd fwd R leading W to SCAR DLW, sd & fwd L, cl R (fwd L comm LF trn to SCAR DLW, sd & bk R comp trn, cl L) SCAR DLW ;

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9-12 PROG TWIN 3X ;;; FWD SD CL to FC WALL;

9-12 XLif, sd R, cl L w/ slight LF swvl to BJO DLC; XRif, sd L, cl R w/ slight RF swvl to SCAR DLW;
XLif, sd R, cl L w/ slight LF swvl to BJO DLC; Fwd R, sd L to fc ptr, cl R to CP WALL;

13-16 BOX;; DIP; REC to BFLY;

13-14 Fwd L, sd R, cl L ; bk R, sd L, cl R ;
15-16 Bk L with relaxed knee, -, - ; Rec fwd R to BFLY, -, -;

INT

1-4 INTRPD BOX ; ; ;

1-2 Fwd L, sd R, cl L; Bk R, leading W to trn RF under jnd ld hnds sd L, cl R (W
Fwd L, comm circ RF fwd R, cont circ RF fwd L); Fwd L, sd R, cl L (W Cont circ
RF fwd R, cont circ RF fwd L, comp circ RF fwd R) to BFLY WALL; Bk R, sd L, cl R;

END

1 APT, PT;

1 Repeat meas 3 of Intro;

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HEAD CUES:

— ; — ; Apt Pt ; Tog Bfly ;

Waltz Away ; Thru Twinkle 2X ;; Pickup ;
 2 Left Turning ;; Canter 2X ;; Bfly
 Waltz Away ; Pickup ; Fwd Waltz ; Drift Apart ;
 Twinkle Out ; Twinkle In to CpLOD ; 2 Lft Trng;; Bfly

Waltz Away ; Wrap the Ladies ; Lace Up ;;;; Bfly
 Twirl Vine ; Pickup to Scar ;
 Prog Twinkle 3X ;;; Fwd Sd Cl to Fc Wall ;
 Box ;; Dip ; Rec to Bfly ;;

Waltz Away ; Pickup ; Fwd Waltz ; Drift Apart ;
 Twinkle Out ; Twinkle In to CpLOD ; 2 Lft Trng;;

Interrupted Box ;;;; to Bfly

Waltz Away ; Wrap the Ladies ; Lace Up ;;;; Bfly
 Twirl Vine ; Pickup to Scar ;
 Prog Twinkle 3X ;;; Fwd Sd Cl to Fc Wall ;
 Box ;; Dip ; Rec to Bfly ;;

Waltz Away ; Thru Twinkle 2X ;; Pickup ;
 2 Left Turning ;; One Canter ; Stp Apt, Pt ;