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

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 emnng 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 swvlngr 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 Lf trng LF to face Ptnr and COH to low BFLY,--; Bk R a small step trng LF ½, Rec L trng LF ¾ to face wall, Side R,--; (W Fwd L wds 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 & swvlngr 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 & swvlngr 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 sprlng LF, Fwd L arnd M,--; Fwd R, Fwd L, Fwd R arnd M,--; Fwd L, Fwd R sprlng LF, Side L,--) ending in BFLY feg 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 feg Wall, Sd L, Rec R,--; XLIF of R twd RLOD, Swvlngr RF on L Fwd R twd RLOD, 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 Swvling RF on L to face wall Bk R, Rec L swvling LF on L to face ptrnr, Side R, Swvl RF on R to face LOD); Bk R, Rec L, Cl R to L,- (W Fwd L twd LOD, Fwd R swvling LF ½ trn to fc RLOD, Bk L still feg RLOD,-); Fwd L extnndng jnd ld hnds out twd W causing W to Cl, Rec R, Cl L to R,- Bk R rsng jnd ld hnds btwn faces, Rec L Swvling 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 fc ptrnr, Bk L,-)

**Meas 5-8**  
**ROCK TO THE BACK LOCKS WITH PATTY-CAKES ENDING IN BFLY;;;**
Rk Fwd L, Rec R, Bk L lwng LF 1/8 trn fcng RLOD tchn g L pals tog,-; Bk R, XLIF of R. Bk R tchn g R pals tog,-; Bk L, XRIF of L, Bk L tchn g L pals tog,-; Bk R, XLIF of R, Bk R lwng 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 fc W all); Ck Fwd L extnndng arms out and crvd, Rec R, Side L,- (W Ck bk R extnndng arms out and crvd parallel to M’s arms, Rec L, Side L to M’s R side,-); Ck Fwd R extnndng arms out and crvd, Rec L, Side R ldng W with L hands to trn LF to fc man,- (W Ck Bk L extnndng arms out and crvd to parallel M’s arms, Rec R, Side L trng LF to fc 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 feg Ptnr,-) Swvling LF on R Bk L twd RLOD, Rec R swvling LF to fc ptrnr, Side L,-; Brngng jnd trng hnds thru ptrnrs hp ck thru R twd LOD, Rec L trng to fc ptrnr, Side R,-

**REPEAT PART A**

**REPEAT PART B MEAS 1-14**

**Meas 15**  
**HAND TO HAND IN 4;**
Swvling LF on R Bk L twd RLOD, Rec R swvling LF to fc ptrnr, 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 fc ptrnr & COH (W Fwd R, L, R,- arnd M ending to fc Wall); XRIF of L twd RLOD, Swvling LF on R Fwd L twd LOD, Fwd R twd LOD & swvl on R to fc ptrnr,-; Blnndng 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 & momentarly place R hand on W’s tummy, Spiral RF on L; Fwd R, L, R arnd W ending behnd W,-; Fwd L, R, R, Spiral RF on L to end at W’s L side; Fwd R, L, R to end feg W and Wall,-; (W Rk bk R, Rec L, Fwd R & extnbd 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,-; XRIIF of L twd LOD, Svvlng LF on R fwd L twd R LOD, fwd R, SWVÍ 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 svvl RF on R to face LOD Fwd L, Fwd R svvlng 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, CI L to R raising L hand up btwn faces to lead W to trn LF,-; Xck R twd LOD and plncng R hnd on W’s L shldr blade, Rec L CI R to L; (W CI R to L, fwd L twd R LOD, fwd R svvlng LF on R to face LOD,-; Sit bk on L kicking R ft f wd & extending L hnd straight up, Rec L svvlng RF on L to face R LOD, 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 strcht looknng over jnd ld hnds, slowly change to a left side strcht as you slowly trn heads to look twd R LOD;;