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Protect Your Heart

32 count, 4 wall, improver level

Choreographer: Dee Musk (UK) March 2008

Choreographed to: Dangerous by Katharine McPhee ,

Album: Katharine McPhee (140 bpm)

CROSS SIDE BEHIND TOUCH, CROSS SIDE BEHIND TOUCH.

1-4 Cross R over L, step L to L side, cross R behind L, point L toe to L side.

5-8 Cross L over R, step R to R side, cross L behind R, point R toe to R side.

CROSS BACK SIDE FORWARD, LOCK STEP STEP LOCK.

1-4 Cross R over L, step back on L, step R to R side, step forward on L.

5-8 Cross lock R behind L, step forward on L, step forward on R, cross lock L behind R.

STEP STEP 1/4 TURN R CROSS, STEP BACK STEP BACK CROSS STEP BACK.

1-4 Step forward on R, step forward on L, make a 1/4 turn R, cross L over R.

5-8 Step back on R, step back on L, cross R over L, step back on L.

STEP SIDE STEP FORWARD SWEEP STEP, SWEEP STEP, STEP 1/2 TURN L.

1-4 Step R to R side, step forward on L, sweep R from behind to in front of L (Anticlockwise), step on to R

5-8 Sweep L from behind to in front of R (Clockwise), step on to L, step forward on R, make a 1/2 turn L (weight on L).