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I'll Break Your Fall

56 Count, 2 Wall, Intermediate (Phrased)

Choreographer: Therese Johnsson (SE) Jul 2016

Choreographed to: I'll Break Your Fall by Ulf Nilsson

Track:	3:51m
Intro:	16 count approx.15s - Dance Starts At Main Vocals
Sequence:	A, A-30,Tag, B, A, A-30,Tag, B, A, B-13
Part A	40 Counts
Section 1	R Basic, R Rhonde 1/2 Turn R, Behind Side, Cross Rock, Step Diagonal, Step Turn, Step X 2
1,2&	Step RF to right side, step LF next to RF, cross RF in front of LF
3	Step LF to left while doing rhondè with RF from front to back as you make 1/2 turn right(6.00)
4&	Step RF behind LF, LF to left side
5,6&	Cross rock RF in front of LF, recover on LF, step RF to right and face diagonal (7.30)
7&	Step LF forward, turn 1/2 right and put the weight on RF(1.30)
8&	Step forward on LF, step forward on RF and turn up to 12.00
Section 2	Cross Rock, Step, Cross Rock, Step 1/4 Right, Step, Turn1/2 X 2, Lock Step
1,2&	Cross rock LF over RF, recover RF, step LF to left side
3,4&	Cross rock RF over LF, recover LF, 1/4 turn right stepping RF forward(3.00)
5&6	Step LF forward,1/2 turn right and weight on RF, step LF forward
7&	1/2 turn left stepping RF back(03.00), 1/2 left stepping LF fwd(09.00)
8&	Step RF fwd, lock LF behind RF
Section 3	Step Sweep, Cross, Step Back, Step 1/2 Sweep, Step 1/2 Sweep, Rock/Rec, Step1/2 Sweep
1	Step RF forward while sweeping LF back to front
&,2,3	Cross LF in front of RF, step back on RF, step LF 1/2 turning left(03.00)
&4&	Step RF 1/2 turn left with an sweep(09.00), step RF while Sweeping LF front to back, step LF back
5&	Rock RF to right side, recover LF
6&	Step RF 1/2 while sweeping LF from back to front turning right(03.00), step LF over RF with a sweep
7,8&	Step back on RF, step LF to left turn 1/4 (12.00), cross RF over LF
Section 4	Step Fwd, Close, Step Back, Close, Step Fwd And Cross, L Basic, Step1/2 Turn Left, Step And Cross
1,2&	Step LF forward diagonal(10.30), close RF beside LF, step LF back
3,4&	Step RF beside LF, step LF forward, square up to 12.00 cross RF over LF
5,6&	Step LF to the left, step RF beside LF, step LF in front of RF
	* Tag 7,8& step RF to right, Sway to the right, Sway to the left (wall 2 and 5)
7	And make1/2 turn left(6.00)as you step onto RF,
8&	Step LF to left, step RF across LF
Section 5	L Basic, R Basic, L Basic, Step, Sway X 2
1,2&	Step LF to left side, step RF beside LF, step LF over RF
3,4&	Step RF to right side, step LF beside RF, step RF over LF
5,6&	Step LF to left side, step RF beside LF, step LF over RF
7	Step RF to right side
8&	Sway to the right, sway to the left
Part B	16 Counts
Section 1	Basic Right, Basic Left, Half Diamante
1,2&	Step RF to right side, close LF to RF, cross RF over LF
3,4&	Step LF to left side, close RF to LF, cross LF over RF
5,6&	Step RF to right side, making an 1/8 turn left, step back on LF, step back on RF
7,8&	Step LF to left side as you square up 1/8 turn left, making 1/8 turn to left, step fwd on RF, step forward on LF

Section 2 **Basic Right, Basic Left, Half Diamante**
1,2& Step RF to right side as you square up 1/8 to left, close LF to RF, cross RF over LF
3,4& Step LF to left side, close RF to LF, cross LF over RF
5,6& Step RF to right side as you square up 1/8 to left, step back LF, step back RF
7,8& Step LF to left side as you square up 1/8 left, making 1/8 turn left and step RF forward,
 step LF forward
 Square up 1/8 to the left for start dancing part A

Tag: **& Step, Sway, Sway**
&1,2 **RF to right, Sway to the right, Sway to the left**

Ending: **Dance part B and end the dance at count 13 with a nice pose**

Dance and have fun
