

'Protect Your Heart'

Choreographed by **Dee Musk** (UK) March 2008 07814 295470

32 Count Improver - 4 Wall Dance Approx 140 bpm

Music: Dangerous – Katharine McPhee – Album Katharine McPhee

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 ¼ TURN R CROSS, STEP BACK STEP BACK CROSS STEP BACK.

- 1-4 Step forward on R, step forward on L, make a ¼ 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 ½ 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 ½ turn L (weight on L).

REPEAT AND HAVE FUN!!