

Break My Heart Myself

Compte: 32

Mur: 4

Niveau: High Improver

Chorégraphe: Tanya Teng (MY) & Zoey Ng (MY) - May 2025

Musique: Break My Heart Myself (Bebe Rexha feat YEJI & RYUJIN of ITZY)



Intro: 16 counts / 00:09s from start of music

****2 Restarts**

(Restart at W2 and W7 after 16 counts)

Sec 1: L Kick Ball Change, 1/4L Turn Sailor, 1/2L Turn Pivot, Backward Full Turn, Step R Forward

1&2 Kick L foot forward(1), step L foot to L(&), step R foot to R(2)

*****optional: fun hand movement on chorus!!!, raise both hands at chest level and press fingers down as if playing piano to L(2), repeat to R(&)**

3&4 Sweep L foot behind R foot with 1/4L turn to 9o'clock(3), step R foot next to L foot(&), step L foot forward(4)

5-6 Step R foot forward(5), step L foot forward with 1/2L pivot turn to 3o'clock(6)

7&8 Step R foot back with 1/2L turn(7), step L foot forward with 1/2L turn(&), step R foot forward(8)

Sec 2: L Lock Step, L Forward Shuffle, 1/2L Pedal w R foot

1-2 Step L foot forward(1), lock R foot behind L(2)

3&4 Step L foot forward(3), step R foot behind L(&), step L foot forward(4)

5&6& Pedal R foot to R with 1/8L turn(5), recover weight to L foot(&), pedal R foot to R with 1/8L turn(6), recover weight to L foot(&)

7&8 Pedal R foot to R with 1/8L turn(7), recover weight to L foot(&), pedal R foot to R with 1/8L turn, weight on R, facing 9o'clock(8)

*****optional: replace pedal with chuck**

Sec 3: L Step Forward, Hitch R, R Back Coaster, L Step Forward, 1/4R Pivot w weight ending on R, L Cross Shuffle

1-2 Step L foot forward(1), Hitch R foot(2)

3&4 Step R foot behind(3), step L next to R(&), step R foot forward(4)

5-6 Step L foot forward(5), Pivot 1/4R with R foot(6)

7&8 Cross L foot over R(7), Step R foot to R(&), Cross L foot over R(8)

Sec 4: 1/2R Cross Shuffle, L Side Rock Cross, R Rocking Chair, R Foot Forward, Touch L next to R

1&2 Cross R foot over L making a 1/2 turn R(1), Step L foot to L (&), Cross R foot over L(2)

3&4 Step L foot to left(3), Recover on R foot(&), Cross L foot over R(4)

5&6& Rock R foot forward(5), Recover on L foot(&), Rock R foot back(6), Recover on R foot(&)

7-8 Step R foot forward(7), Touch L foot next to R(8)

*****optional Count 7-8: replace step with drag**

Enjoy the dance!

For any other info on the step sheet or song, you may contact either one of us:

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