

Centurion

Choreographed by Rob Fowler

Description: 100 count, 4 wall, intermediate line dance

Music: My Heart's Broke Down (But My Mind's Made Up) by Dean Miller

Intro: 16

TOE IN, KICK, CROSS, TOE IN, KICK, CROSS, HOP, HOP

- 1-2-3 Touch right together (toe turned in), kick right diagonally forward, cross right over left
- 4-5-6 Touch left together (toe turned in), kick left diagonally forward, cross left over right
- 7-8 Hop left back and touch right back, hop left back and touch right back

BACK-HEEL-STEP-TOUCH, BACK-HEEL-STEP-BRUSH, STEP ¼ TURN, STOMP, STOMP

- &1&2 Step right back, touch left heel diagonally forward, step left together, touch right together
- &3&4 Step right back, touch left heel diagonally forward, step left together, brush right forward
- 5-6 Step right forward, turn ¼ left (weight to left)
- 7-8 Stomp right together, stomp left together (weight to left)

SIDE TOE STRUT, CROSS TOE STRUT, CHASSÉ TO THE RIGHT, BACK ROCK, RECOVER

- 1-4 Step right toe side, drop right heel, cross left toe over right, drop left heel
- 5&6 Chassé side right-left-right
- 7-8 Rock left back, recover to right

SIDE TOE STRUT, CROSS TOE STRUT, CHASSÉ TO THE LEFT, BACK ROCK, RECOVER

- 1-4 Step left toe side, drop left heel, cross right toe over left, drop right heel
- 5&6 Chassé side left-right-left
- 7-8 Rock right back, recover to left

FIGURE OF EIGHT

- 1-4 Step right side, cross left behind right, turn ¼ right and step right forward, step left forward
- 5-8 Turn ½ right (weight to right), turn ¼ right and step left side, step right back, turn ¼ left and step left forward

Insert tag on wall 4 (facing 12:00)

RIGHT SHUFFLE FORWARD, LEFT ROCK FORWARD, RECOVER, 1 ½ LEFT, BRUSH RIGHT

- 1&2 Chassé forward right-left-right
- 3-4 Rock left forward, recover to right
- 5-6-7 Turn ½ left and step left forward, turn ½ left and step right back, turn ½ left and step left forward
- 8 Brush right forward

Restart on wall 3 (you are facing 6:00)

OUT-OUT-IN-IN

- 1-2 Step right diagonally forward, step left side
- 3-4 Step right home, step left together

You have now danced through count 52.

RIGHT KICK FORWARD, STEP BACK, HIP FORWARD, HIP BACK (SIT DOWN), HIP UP, HIP BACK, TOGETHER, UP-DOWN

- 1-2 Kick right forward, step right back (bend the knees and bump back)
- 3-6 Hip forward (stand up), hip back (sit down), hip forward (stand up), hip back
- 7&8 Step right together, lift heels (bend knees), drop heels

RIGHT SIDE ROCK CROSS, HOLD, LEFT SIDE ROCK CROSS, HOLD

- 1-2-3-4 Rock right side, recover to left, cross right over left, hold
- 5-6-7-8 Rock left side, recover to right, cross left over right, hold



STEP, TURN ½ LEFT, FORWARD, HOLD, STEP, TURN ½ RIGHT, FORWARD, HOLD

1-2-3-4 Step right forward, turn ½ left (weight to left), step right forward, hold

5-6-7-8 Step left forward, turn ½ right (weight to right), step left forward, hold

You have now danced through count 76.

RIGHT KICK FORWARD, STEP BACK, HIP FORWARD, HIP BACK (SIT DOWN), HIP UP, HIP BACK, TOGETHER UP-DOWN

1-2 Kick right forward, step right back (bend the knees and bump back)

3-6 Hip forward (stand up), hip back (sit down), hip forward (stand up), hip back

7&8 Step right together, lift heels (bend knees), drop heels

GRAPEVINE TO THE RIGHT, TOUCH, GRAPEVINE ½ TURN TO THE LEFT, BRUSH

1-2-3-4 Step right side, cross left behind right, step right side, touch left next right

5-6-7-8 Step left side, cross right behind left, turn ¼ left and step left forward,
turn ¼ left and brush right forward (12:00)

GRAPEVINE TO THE RIGHT, TOUCH, GRAPEVINE ¼ TURN TO THE LEFT, BRUSH

1-2-3-4 Step right side, cross left behind right, step right side, touch left next right

5-6-7-8 Step left side, cross right behind left, turn ¼ left and step left forward, brush right forward (9:00)

REPEAT

RESTART

On wall 3, restart after count 48 (6:00)

TAG

On wall 4, after count 40 (figure of eight) (12:00)

SINGLE

1-24 Repeat counts 53-76

DOUBLE

1-8 Repeat counts 53-60

9-32 Repeat counts 53-76

SINGLE WITH EXTRA AND CONTINUE

1-4 Kick right forward, step right back (bend the knees and bump back), bump forward (up), bump back

5-8 Hip forward (stand up), hip back (sit down), hip forward (stand up), hip back

1-4 Hip forward (stand up), hip back (sit down), hip forward (stand up), hip back

5-6 Bump forward (up), bump back (down)

7 Step right together

&8 Lift heels, drop heels

&9 Lift heels, drop heels

&10 Lift heels, drop heels

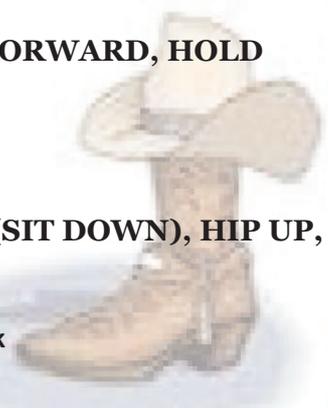
11-26 Repeat the last 16 counts of the dance

ENDING

Replace counts 15-16 with

15-16 Stomp right side, stomp left side

Make windmill circles to the right with right arm



Country Western Dance

www.ntaitalia.com

Choreographer Contact Information:

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