

Music: Dua Lipa, Future Nostalgia

ISWC: T-323.219.985-4

3:41

Choreo: Gunnar Lanatowitz & Alex Jacobsen

114 bpm

Ü45, 16.-18.05.2025, Bingen

Wait 8 beats, start facing the back

Sequence: Intro A A B C C Bridge A B C C D Break C C End

Intro (8)	[---fwd---] [bk] [1/2 R] [fwd]	
Louisiana Step	DS DS DS DS S S S S	turn 1/2 R
	L R L R L R L R	
	&1 &2 &3 &4 5 6 7 8	

Part A (32)	
Crossover Slider	DS DS(xif) DR S(ib) RS DS SL RS SL RS
	L R R L RL R R LR R LR
	&1 &2 & 3 &4 &5 & 6& 7 &8
Soccer	DS DT UP/H DS RS
	L R R L R LR
	1 & 2 &3 &4
Appalachia	DS DR S S DR S S
	L L R L L R L
	&1 & 2 & 3 & 4
Crossover Slider	DS DS(xif) DR S(ib) RS DS SL RS SL RS
	R L L R LR L L RL L RL
	&1 &2 & 3 &4 &5 & 6& 7 &8
Soccer	DS DT UP/H DS RS
	R L L R L RL
	1 & 2 &3 &4
Triple	DS DS DS RS
	R L R LR
	&1 &2 &3 &4

Part B (32)	
Zirconia	DS DS H(xif)S(xif) RS S(ib) SL RS DS RS
	L R L L RL R R LR L RL
	&1 &2 & 3 &4 & 5 &6 &7 &8
Turkey	H(ots/w) FLP S(xib) DS RS
	R R L R LR
	1 & 2 &3 &4
Outhouse	DS TCH(ots) H TCH(xif) H TCH(ots) H
	L R L R L R L
	&1 & 2 & 3 & 4

Repeat opposite footwork

Part C (32)												
Knee Pops & Claps	DS/Flange*		SL/Flange		SL/Flange		Clap		Clap		move forward on beat &1-3	
	L	R	R	L	L	R						
	&	1	2		3		&	4				
Joey	DS	BA(xib)		BA(ots)		BA(ots)		BA(xib)		BA(ots)		S
	R	L		R	L		R	L		R		
	&1	&	2		&	3		&	4			
Heel Slur Basic	H(w/ots)		SLR		S(ib)		DS		RS			
	L		R	R	L	RL						
	1		&	2	&3	&4						
Fancy Run	DS	DS(xif)		BA(ots)		BA(xib)		BA(ots)		S		
	R	L		R	L		R	L				
	&1	&2		&	3		&	4				
Knee Pops & Claps	DS/Flange		SL/Flange		SL/Flange		Clap		Clap		move forward on beat &1-3	
	R	L	L	R	R	L						
	&	1	2		3		&	4				
Joey	DS	BA(xib)		BA(ots)		BA(ots)		BA(xib)		BA(ots)		S
	L	R		L	R		L	R		L		
	&1	&	2		&	3		&	4			
Utah	DS	BR(xif)		UP/H		DS(xif)		RS		RS		BR
	R	L		L	R	L	RL	RL	R	R	L	R
	&1	&	2	&3	&4	&5	&	6	&7	&8		

Sequence: **Intro A A B C C Bridge A B C C D Break C C End** **Break My Heart-Dua Lipa**

Bridge (8) [---fwd---] [--bk--]
Louisiana Step DS DS DS DS S S S S **Optional: turn 1/1 R**
L R L R L R L R **on beat 5-8**
&1 &2 &3 &4 5 6 7 8

Part D (32)
McNamara H(ots) BA BA(xib) BA(ots) H(ots) BA S(xib)
L L R L R R L
1 & 2 & 3 & 4
Heel Turn H(w) (**turn 3/4 R**) S
R L
1 2
Basic DS RS
R LR
&1 &2

Repeat 2 times, than add

Jazz Box S S(xif) S(ib) S(ots) **turn 1/4 L**
L R L R
1 2 3 4
Hands wait, right hand on heart, left hand on heart, head down
'Break My Heart' 1 2 3 4

Break (4) wait 4 beats

Ending (1) Hands on Heart
1

*** Flange:** The foot is turned over and outward to bring the area of the shoe which covers the last two toes flush with the floor. The heel is aimed upward and weight is borne by the other foot.