

Hold My Heart

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Christine & Katherine Collins, Melbourne, Victoria, Australia (Sept 2011)

Music: Hold My Heart by Sara Bareilles (Album: Kaleidoscope Heart)

Intro: 16 beats

[1-8] ROCK FWD, BACK $\frac{1}{2}$ FWD, ROCK FWD, BACK, $\frac{1}{4}$ SIDE, R COASTER FWD, SWEEP, SWEEP

1, 2 & 3 Rock forward R, Rock back L, Step forward $\frac{1}{2}$ R, Rock forward L (6:00)

4 & Rock back R, Step $\frac{1}{4}$ L to the side (3:00)

5 & 6 Step R forward, Step L together, Step R back

7, 8 Sweep L back, Sweep R back

[9-16] LOCK FWD INTO $\frac{1}{8}$ CORNER, TURN $\frac{1}{2}$ L STEP R BACK, ROCK BACK L, ROCK FWD R, STEP FWD L, STEP FWD R, $\frac{1}{2}$ PIVOT, STEP L TO SIDE $\frac{1}{8}$ RIGHT

1 & 2 Step L forward $\frac{1}{8}$ left, lock R behind, step L forward (1:00)

& 3, 4 Turn $\frac{1}{2}$ left stepping back R, Rock L back, Replace weight forward on R (7:00)

5 6 Step L forward, Step R forward

7 & 8 Step L forward pivot $\frac{1}{2}$ right, turn $\frac{1}{8}$ right stepping L to side # (3:00)

[17-24] STEP DRAG, BEHIND $\frac{1}{2}$ TURN, ROCK TOGETHER, TOE UNWIND $\frac{1}{2}$, HOOK, STEP FWD R, STEP FWD L

1, 2 & 3 Step R to right side, Drag L, Step behind L, Step $\frac{1}{4}$ R stepping R forward, Step $\frac{1}{4}$ R stepping L to side (9:00)

4 & Rock R, Step L together,

5 6R toe touch behind, unwind $\frac{1}{2}$ right, keep weight back on left, hook R foot (3:00)

7, 8 Step R forward, Step L forward

[25-32] SIDE ROCK CROSS, $\frac{1}{4}$ BACK, $\frac{1}{4}$ SIDE, STEP (REPEAT)

1 & 2 Rock R to right side, Replace weight L, cross R over L (3:00)

3 & 4 $\frac{1}{4}$ turn right and step L back, $\frac{1}{4}$ turn right and step R to right side, step L together (9:00)

5 & 6 Rock R to right side, Replace weight L, cross R over L

7 & 8^{1/4} turn right and step L back, 1/4 right turn and step R to right side, step L together *
(3:00)

REPEAT

RESTART: # On Wall 4 dance to count 16 then start wall 5 to front.

TAG: * At the end of wall 7 repeat last 8 counts and restart

ENDING: Wall 10: Dance to count 19 and Drag R foot towards left.

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