

# HERE IS MY HEART

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**Count:** 96

**Wall:** 2

**Level:** beginner

**Choreographer:** Elaine Chant & Laura Dyas

**Music:** Here Is My Heart by Lionel Richie

## STEP RIGHT, STEP LEFT TOGETHER, CHASSE RIGHT, LEFT & RIGHT SAILOR STEPS

- 1-2** Step right to right side, step left together
- 3&4** Step right to right side, close left beside right, step right to right side
- 5&6** Cross left behind right, step right to right side, step left to place
- 7&8** Cross right behind left, step left to left side, step right to place

## STEP LEFT, STEP RIGHT TOGETHER, CHASSE LEFT, RIGHT & LEFT SAILOR STEPS

- 9-10** Step left to left side, step right together
- 11&12** Step right to right side, close left beside right, step right to right side
- 13&14** Cross right behind left, step left to left side, step right to place
- 15&16** Cross left behind right, step right to right side, step left to place

## FORWARD ROCK, TRIPLE ½ TURN RIGHT, FORWARD ROCK, COASTER STEP

- 17-18** Rock forward on right, rock back on left
- 19&20** Triple step making ½ turn right, stepping - right, left, right
- 21-22** Rock forward on left, rock back on right
- 23&24** Step back left, step right beside left, step forward left

## FORWARD ROCK, TRIPLE ½ TURN RIGHT, FORWARD ROCK, COASTER STEP

- 25-26** Rock forward on right, rock back on left
- 27&28** Triple step making ½ turn right, stepping - right, left, right
- 29-30** Rock forward on left, rock back on right
- 31&32** Step back left, step right beside left, step forward left

## STOMP, HOLD, SAILOR STEP WITH ¼ TURN LEFT TWICE

- 33-34** Stomp right to right side, hold
- 35&36** Cross left behind right, step right to place, step left ¼ turn left
- 37-38** Stomp right to right side, hold

**39&40** Cross left behind right, step right to place, step left  $\frac{1}{4}$  turn left

### **FORWARD ROCK, TRIPLE $\frac{1}{2}$ TURN RIGHT TWICE, BACK ROCK**

**41-42** Rock forward on right, rock back on left

**43&44** Triple step making  $\frac{1}{2}$  turn right, stepping - right, left, right

**45&46** Triple step making  $\frac{1}{2}$  turn right, stepping - left, right, left

**47-48** Rock back on right, rock forward on left

### **ROCK & CROSS X 4 TRAVELING SLIGHTLY FORWARD**

**49&50** Rock right to right side, rock onto left in place, cross step right over left traveling slightly forward

**51&52** Rock left to left side, rock on right in place, cross step left over right traveling slightly forward

**53&54** Rock right to right side, rock onto left in place, cross step right over left traveling slightly forward

**55&56** Rock left to left side, rock on right in place, cross step left over right traveling slightly forward

### **FORWARD ROCK, BACK LOCK, $\frac{1}{2}$ PIVOT TURN, SHUFFLE FORWARD**

**57-58** Rock forward on right, rock back on left

**59&60** Step back on right, lock left over right, step back right

**61-62** Left toe behind right heel, pivot  $\frac{1}{2}$  turn left

**63&64** Shuffle forward on a right, left, right

### **ROCK & CROSS X 4 TRAVELING SLIGHTLY FORWARD**

**65&66** Rock left to left side, rock onto right in place, cross step left over right traveling slightly forward

**67&68** Rock right to right side, rock on left in place, cross step right over left traveling slightly forward

**69&70** Rock left to left side, rock on right in place, cross step left over right traveling slightly forward

**71&72** Rock right to right side, rock onto left in place, cross step right over left traveling slightly forward

### **FORWARD ROCK, BACK LOCK, $\frac{1}{2}$ PIVOT TURN, SHUFFLE FORWARD**

- 73-74** Rock forward on left, rock back on right
- 75&76** Step back on left, lock right over left, step back left
- 77-78** Right toe behind left heel, pivot ½ turn right
- 79&80** Shuffle forward on a left, right, left

### **RIGHT ROCK, CROSS SHUFFLE, LEFT ROCK, CROSS SHUFFLE**

- 81-82** Rock right to right side, rock onto left in place
- 83&84** Cross right over left, step left to left side, cross right over left
- 85-86** Rock left to left side, rock onto right in place
- 87&88** Cross left over right, step right to right side, cross left over right

### **MAMBO STEPS**

- 89&90** Rock forward on right, rock back on left, step right beside left
- 91&92** Rock back on left, rock forward on right, step left beside right
- 93&94** Rock right to right side, step left in place, step right beside left
- 95&96** Rock left to left side, step right in place, step left beside right

### **REPEAT**