

FROM THE HEART

LINEDANCE.COM

Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Gemsie

Music: Straight From the Heart by Bryan Adams

STEP SLIDE ROCK BACK, SIDE BEHIND & CROSS X3

- 1-2&** Step left to left side, slide right behind left & rock on the right, recover weight left
- 3-4&** Step right to right side, cross left behind & step right to right while crossing left in front.
- 5-6&** Step right to right side, cross left behind & step right to right while crossing left in front.
- 7-8&** Step right to right side, cross left behind & step right to right while crossing left in front.

ROCK, BEHIND SIDE CROSS, ROCK COASTER ¼ TURN

- 1-2** Rock right to right side, recover weight on left
- 3&4** Step right behind left step left to left side & cross right in front of left
- 5-6** Rock left to left side, recover weight on right
- 7&8** Make a ¼ turn left stepping back on the left step right together, step forward on left

ROCK TRIPLE 1 ½ TURN ROCK SHUFFLE BACK

- 1-2** Rock forward on right recover weight on left
- 3&4** Make a 1 ½ triple turn right stepping right left right (alternatively you could do a triple ½ turn)
- 5-6** Rock forward on left recover weight on right
- 7&8** Shuffle back left stepping left right left

SWEEP UNWIND SHUFFLE, TWICE ROCK AND CROSS

- 1-2** Make a ½ turn right sweeping the right foot round weight right

Restart after wall 7

- 3&4** Shuffle forward left stepping left right left
- 5-6** Make a ½ turn left sweeping the right (keep weight left)
- 7&8** Rock right to right side recover & cross in front of left

REPEAT

TAG

Danced after wall 5

ROCK RECOVER SHUFFLE TWICE

- 1-2** Rock left to left side recover weight on right
- 3&4** Shuffle forward stepping left right left
- 5-6** Rock right to right side recover weight on left
- 7&8** Shuffle forward right stepping right left right

RESTART

There is a restart on wall 7. Start the dance again after the first sweep in section 4; your weight will be on your right foot leaving your left to start again