

BE STILL MY HEART

LINEDANCE.COM

Count: 32

Wall: 2

Level: beginner/intermediate

Choreographer: EmCee

Music: Be Still My Heart by Silje Nergaard

TOE STRUT, TURNING SHUFFLE, TURNING SHUFFLE, STEP SWEEP

1-2 Touch right toe forward, step heel down

3&4¼ turn right step left to left side, step right in place, step left slightly forward

5&6 Step forward on right, ½ turn left step left in place, step forward on right

7-8 Step forward on left, ½ turn right swivel on ball of left sweeping right out and round behind left

COASTER, SCISSOR, HALF TURN, BEHIND SIDE BEHIND

1&2 Step on right, step left next to right, step right forward

3&4 Rock out onto left, recover weight onto right, cross left in front of right

5-6¼ turn right step forward onto right, ¼ turn right step onto left

7&8 Step right behind left, step left to left side, step right behind left

Alternative for intermediate

5-6 Full turn right

7&8½ turn shuffle right (facing correct wall for the next rock recover)

TURN ROCK RECOVER, SHUFFLE BACK, SHUFFLE BACK, ROCK RECOVER

1-2¼ turn left rock forward on left, recover on right

3&4 Step back on left, step right back next to left, step left back

5&6 Step back on right, step left back next to right, step back on right

7-8 Step left back, rock forward onto right

ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, KICK BALL CHANGE

1-2 Step forward on left, recover weight back onto right

3&4 Step back on left, step right back next to left, step left back

5-6 Step back onto right, recover weight onto left

7&8 Kick right forward, step ball of right in place, step left in place

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=63450