

# Heart in My Hand

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**Count:** 32

**Wall:** —

**Level:** Advanced NC2

**Choreographer:** Debbie Rushton (Debbie McLaughlin) - Jan. 2016

**Music:** Over & Over Again by Nathan Sykes (You can also use the version featuring Ariana Grande - whichever your personal preference is) 4.08

## Count In: 32 seconds

### **SIDE, BACK ROCK, 1/4 TURN ROCK 1/2 TURN 1/2 TURN SWEEP, BEHIND SIDE CROSS SWEEP, CROSS 1/4 TURN 1/2 TURN 1/2 TURN**

- 1 2&** Step R to R side, Rock L behind R, Recover weight forward onto R
- 3&4** Making 1/4 turn L rock forward on L, Making 1/2 turn R take weight forward onto R, Making 1/2 turn R step back on L and sweep R around from front to back (9 o clock)
- 5&6** Cross R behind L, Step L to L side, Cross R over L and sweep L around from back to front
- 7&8&** Cross L over R, Make 1/4 turn L stepping back on R, Make 1/2 turn L stepping L forward, Make 1/2 turn L stepping R back (6 o clock)

### **BACK ROCK SPIRAL FULL TURN, RUN X3, CROSS ROCK SIDE, BACK ROCK 1/4 TURN 1/2 TURN**

- 1&2** Rock back on L, Recover forward onto R, Step L forward and spiral a full turn over R shoulder (weight stays on L) (6 o clock)
- 3&4** Making ½ turn over your R shoulder, run round R, L R in a semi circle (12 o clock)
- 5&6** Cross rock L over R, Recover weight back onto R, Take big step to L side
- 7&8&** Rock R behind L, Recover weight forward onto L, Make 1/4 turn R stepping R forward, Make 1/2 turn R stepping back on L (9 o clock)

### **1/2 TURN STEP SWEEP, CROSS SIDE BEHIND SWEEP, BEHIND 1/4 TURN STEP SWEEP, CROSS SIDE BACK ROCK 1/4 TURN 3/8 TURN**

- 1 2&** Make 1/2 turn R stepping R forwards and sweeping L around from back to front, Cross L over R, Step R to R side (3 o clock)
- 3 4&** Cross L behind R and sweep R from front to back, Cross R behind L, Make 1/4 turn L stepping L Forward (12 o clock)
- 5 6&** Step R forward and sweep L around from back to front, Cross L over R, Step R to R side

**7&8&** Rock L behind R, Recover weight forward onto R, Make 1/4 R stepping back on L, Make 3/8 turn R stepping R to R side (7 o clock)

**WALK RUN RUN, STEP 1/2 TURN STEP, FULL TURN, SWEEP CROSS, FULL TURN FULL TURN**

**1 2&** Staying on the diagonal, Step forward on L, Run forward R, L (7 o clock)

**3&4&** Step R forward, Pivot 1/2 turn L taking weight into L, Step R forward, Make 1/2 turn R stepping back on L (7 o clock)

**5&6** Make 1/2 turn R stepping R forward, Sweep L from back to front whilst making 1/8 turn R (squaring up to side wall), Cross L over R (3 o clock)

**7&8&** Travelling to your R, Make 2 full turns over your R shoulder stepping R, L, R, L

**RESTART: During the 3rd wall after counts 15& (back rock recover) do the following steps and then Restart the dance**

**16 &** Rock R out to R side, Recover weight onto L (&) (facing 6 o clock)

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**Last Update - 31st Jan. 2016**