

THIS OLD HEART OF MINE

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Anita Ludlow

Music: This Old Heart Of Mine by The Isley Brothers

CROSS, STEP, SAILOR SHUFFLE TWICE

- 1-2 Cross right over left, step left to left side
- 3&4 Cross right behind left, step on ball of left to left side, step right in place
- 5-6-7&8 Repeat, reversing footwork

2X SAILOR SHUFFLES, GRAPEVINE WITH 1-¼ TURNS

- 1&2 Sweep right behind left, step on ball of left to left side, step right in place
- 3&4 Sweep left behind right, step on ball of right to right side, step left in place
- 5-6 Step right to right side, qtr turn right as you step left behind right
- 7-8 Step forward on right & swivel half turn right, step forward on left & swivel half turn right

SYNCOATED WALKS FORWARD

- 1-2 Step forward on right, hold for one count
- &3-4 Step left closely behind right on '&' count. Step forward on right, hold for one count
- 5-6&7-8 Repeat, reversing footwork

STEP, STEP, CIRCLE HIPS. SQUAT RECOVER TWICE

- 1-2 Step forward right, step forward left
- 3-4 Circle hips over two counts to the left
- 5 Take right to right side & squat with hands resting on thighs
- 6 Recover standing position by bringing left leg next to right & clap
- 7 Take right to right side & squat with hands resting on thighs
- 8 Recover standing position by bringing left leg next to right & clap

REPEAT