

Heart and I

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Count: 64 **Wall:** 4 **Level:** Advanced

Choreographer: Alan Birchall

Music: Heart And I by Robbie Williams. CD: In And Out Of Consciousness (Greatest Hits 1990 - 2010)124bpm

Start: Just Before Lyrics At Start Of The Beat (16 secs) 32 counts

Note: This dance continues until the very end of the track.

ROCK, RECOVER, LOCK STEPS BACK, TOUCH BACK, UNWIND

- 1-2 Rock Forward On Right, Recover On Left
- 3&4 Step Back On Right, Lock Left Over Right, Step Back On Right
- 5&6 Step Back On Left, Lock Right Over Left, Step Back On Left
- 7-8 Touch Right Toe Back, Unwind $\frac{1}{2}$ Turn Right Facing 6'o' Clock

STEP, $\frac{1}{4}$ PIVOT, CROSS SHUFFLE, TOE TOUCHES, HITCH

- 9-10 Step Forward On Left, $\frac{1}{4}$ Pivot Right Facing 9 'o' Clock
- 11&12 Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 13&14 Touch Right Toe To Right, Step Right By Left, Touch Left Toe To Left
- &15-16 Step Left By Right, Touch Right To Right, Hitch Right Knee

ROLLING VINE RIGHT, $\frac{3}{4}$ TURN, $\frac{1}{4}$ SIDE CHASSE

- 17-18 Making $\frac{1}{4}$ Turn Right Stepping Forward On Right, Making $\frac{1}{2}$ Turn Right Stepping Back On Left
- 19-20 Making $\frac{1}{4}$ Turn Right Step Right To Right, Touch Left By Right (Clap Hands) Facing 9 'o' Clock

NOTE:- Dance Finishes Here During 9th Wall Facing 12 'o' clock

- 21-22 Making $\frac{1}{4}$ Turn Left Stepping Forward On Left, Making $\frac{1}{2}$ Turn Left Stepping Back On Right
- 23&24 Making $\frac{1}{4}$ Turn Left Stepping Left To Left Step Right By Left, Step Left To Left Facing 9 'o' Clock

CROSS, BACK, SIDE CHASSE, CROSS, BACK, $\frac{1}{4}$ SIDE CHASSE

- 25-26 Cross Right Over Left, Step Back On Left

- 27&28** Step Right To Right, Left By Right, Step Right To Right
- 29-30** Cross Left Over Right, Step Back On Right
- 31&32** Step Left To Left, Right By Left, Making $\frac{1}{4}$ Turn Left Stepping Forward On Left Facing 6 'o' Clock

CROSS, UNWIND, SIDE CHASSE, RIGHT HEEL JACK, STEP, CROSS, SIDE

- 33-34** Cross Right Over Left, Unwind A Full Turn To Left
- 35&36** Step Left To Left, Step Right By Left, Step Left To Left
- 37&38** Cross Right Over Left, Step Left To Left, Extend Right Heel
- &39-40** Step Right By Left, Cross Left Over Right, Step Right To Right (Body Angled To 7 'o' Clock)

CROSS, UNWIND, RECOVER, $\frac{1}{4}$ SIDE CHASSE, TRAVELLING HEEL JACKS

- 41-42** Cross Left Behind Right, Unwind $\frac{3}{4}$ Turn Left 9 'o' Clock
- 43&44** Making $\frac{1}{4}$ Turn Left Step To Right Step Left By Right Step Right To Right Facing 6 'o' Clock
- 45&46** Travelling To Right Cross Left Over Right, Step Right To Right, Extend Left Heel (Body Angled To 5'o' Clock)
- 47&48** Travelling To Right Cross Left Over Right, Step Right To Right, Extend Left Heel (Body Angled To 5'o' Clock)

TWIST, TWIST, TURN, KICK, COASTER STEP, KICK, KICK

- 49-50** Twist Heels Left, Twist Heels Right
- 51-52** Making $\frac{1}{2}$ Turn Right Twist Heels Left, Kick Right Foot Forward (Body Angled To 11 'o' Clock)
- 53&54** Turning To Face 12'o'Clock Step Back On Right, Step Left By Right, Step Forward On Right Facing 12'o' Clock
- 55-56** Kick Left Foot To Front, Kick Left Foot To Left

TURNING $\frac{1}{4}$ SAILOR TURN, STEP, $\frac{1}{2}$ PIVOT, FULL TURN, FULL TURN

- 57&58** To Face 9 'o Clock' Step Back On Left, Step Right By Left, Step Forward On Left Facing 9 'o' Clock
- 59-60** Step Forward On Right, $\frac{1}{2}$ Pivot Left Facing 3 'o' Clock
- 61-62** Making $\frac{1}{2}$ Turn Left Stepping Back On Right, Making $\frac{1}{2}$ Turn Left Stepping Forward On Left Facing 3 'o' Clock
- 63-64** Making $\frac{1}{2}$ Turn Left Stepping Back On Right, Making $\frac{1}{2}$ Turn Left Stepping Forward On Left Facing 3 'o' Clock

START AGAIN

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=81499