

This Old Heart

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Graham Mitchell - May 2016

Music: This Old Heart Of Mine by the Contours. Album: Motown soul 2 - iTunes

Section1 (1-8) CROSS POINT, BACK POINT, BEHIND SIDE, CROSS SHUFFLE

- 1 -2 Cross Right over Left, point Left toe to Left side
- 3-4 Step back Left, point Right toe to Right side
- 5-6 Step Right behind Left, step Left to left side
- 7&8 Cross Right over Left, step Left to Left side, Cross Right over Left

Section 2 (1-8) SYNCOPATED ROCKS, JAZZ BOX ¼ RIGHT

- 1-2 Rock Left to Left side, Recover Right
- &3-4 Step Left beside Right, Rock Right to Right side, Recover Left
- 5-6 Cross Right over Left, Step back Left making ¼ Right
- 7-8 Step Right to right side, Step Left beside Right

Section 3 (1-8) RIGHT & LEFT STEP LOCK STEP LOCK STEP

- 1-2 Step forward Right, Step Left behind Right
- 3&4 Step forward Right, lock left behind right, Step forward Right
- 5-6 Step forward Left, Step Right behind Left
- 7&8 Step forward Left, Lock Right behind Left, Step forward Left

Section 4 (1-8) STEP ½ TURN, SHUFFLE, FULL TURN, SHUFFLE

- 1-2 Step forward Right, pivot ½ turn left
- 3&4 Step forward Right, close Left beside Right, step forward Right
- 5-6 Step forward Left making ½ turn right, Step forward Right, making ½ turn right
- 7&8 Step forward Left, close Right beside Left, step forward Left