

Shape of My Heart

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Count: 64

Wall: 4

Level: Easy Intermediate - smooth

Choreographer: Christina Yang (Sep. 2014)

Music: Shape of My Heart by Sting

Start the dance after 32 counts

SECTION 1: LF DIAGONAL SYNCOPATED FORWARD CHASSE, RF DIAGONAL SYNCOPATED FORWARD CHASSE, FORWARD ROCK, RECOVER, LONG STEP TO BACKWARD, 3 TIMES OF BACKWARD WALK

1-2&LF diagonal forward, RF cross behind LF, LF forward

3-4&RF diagonal forward, LF cross behind RF, RF forward

5&6LF forward rock, RF recover, LF long step to backward walk

7&8RF backward, LF backward, RF backward

SECTION 2: COASTER STEP, FORWARD, FORWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE STEP, CROSS BACK ROCK, RECOVER, SIDE STEP, 1/4 TURN TO L WITH BACKWARD, RF CLOSED LF

1&2LF backward, RF closed to LF, LF forward

3RF forward walk

4&5LF forward rock, RF recover, 1/4 turn to L with LF side step

6&7RF cross back rock, LF recover, RF side step

8&1/4 turn to L with LF backward, RF closed to LF

SECTION 3: FORWARD, WEIGHT TRANSFER TO RF, FORWARD, FORWARD, WEIGHT TRANSFER TO LF, FORWARD MAMBO, BACKWARD MAMBO

1-2&LF forward, weight transfer to RF, LF recover

3-4&RF forward, weight transfer to LF, RF recover

5&6LF forward, RF in place, LF backward

7&8RF backward, LF in place, RF forward

SECTION 4 : FORWARD ROCK RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, BACKWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, FORWARD ROCK RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, BACKWARD ROCK, RECOVER, SIDE LONG STEP

1&2LF forward rock, RF recover, 1/4 turn to L with LF side long step

3&4RF backward rock, LF recover, 1/4 turn to L with RF side long step

5&6LF forward rock, RF recover, 1/4 turn to L with LF side long step

7&8RF backward rock, LF recover, RF side long step

SECTION 5: CROSS FORWARD, SIDE, CROSS FORWARD, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER AND 1/2 TURN TO R WITH SWEEP

1-2&LF cross forward RF, RF side, LF cross forward,

3&4RF side rock, LF recover, RF cross over LF

5&6LF side rock, RF recover, LF cross over RF

7-8RF side, LF recover and 1/2 turn to R with sweep

SECTION 6: SAILOR CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, SIDE ROCK, RECOVER

1&2RF cross behind LF, LF closed RF, RF cross over LF

3&4LF side rock, RF recover, LF cross over RF,

5&6RF side rock, LF recover, RF cross over LF

7-8LF side rock, RF recover

SECTION 7: FORWARD ROCK, RECOVER, 1/4 TURN TO L WITH SAILOR TURN, FORWARD ROCK, RECOVER, 1/4 TURN TO R WITH SAILOR TURN,

1-2LF forward rock, RF recover and 1/4 turn to L with LF sweep

3&4LF cross behind RF, RF closed LF, LF diagonal forward

5-6RF forward rock, LF recover and 1/4 turn to R with RF sweep

7&8RF cross behind LF, LF closed RF, RF diagonal forward

**SECTION 8: FORWARD ROCK, RECOVER, TOGETHER, FORWARD ROCK, RECOVER,
TOGETHER, ROCKING CHAIR**

1-2&LF forward rock, RF recover, LF together RF(weight on LF)

3-4&RF forward rock, LF recover, RF together LF(weight on RF)

5-6LF forward rock, RF recover

7-8LF backward rock, RF recover

RESTART & TAG

On the 4th wall, you should dance until 16 counts and start again after 2 times of Tag.

The Tag step is 2 times of forward walk and start again.

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<http://www.youtube.com/user/thetrianglelinedance>