

Rhythm of My Heart

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Count: 64 **Wall:** 2 **Level:** Improver

Choreographer: Roz Chaplin & Colin B Smith (Jan 2012)

Music: Rhythm of my Heart – Rod Stewart

32 Count intro to heavy beat, then count 16 beats from that

STEP, SWEEP, STEP, SWEEP, CROSS, SIDE, BEHIND, POINT

- 1-2 Step right forward, sweep left from back to front
- 3-4 Step left forward, sweep right from back to front
- 5-6 Cross right over left, step left to left side,
- 7-8 Step right behind left, point left to left side

BACK, POINT, BACK, POINT, SAILOR STEP X2

- 1-2 Step back on left point right to right side
- 3-4 Step back on right, point left to left side
- 5&6 Step left behind right, step right beside left, step left in place
- 7&8 Step right behind left, step left beside right, step right slightly forward

WALK, WALK, SHUFFLE, ROCK, RECOVER, COASTER STEP

- 1-2 Walk forward left, walk forward right
- 3&4 Step forward left, close right beside left, step forward left
- 5-6 Rock forward on right, recover onto left
- 7&8 Step back on right, close left beside right, step forward on left

ROCK, RECOVER, SHUFFLE ½ TURN, BACK, KICK X2

- 1-2 Rock forward on left, recover onto right
- 3&4 Shuffle ½ turn left stepping – left, right, left (6.00)
- 5-6 Step back on right, kick left foot forward,
- 7-8 Step back on left, kick right foot forward

ROCK, RECOVER, CROSS SHUFFLE, ¼ HINGE TURN X 2, CROSS SHUFFLE

- 1-2 Rock right to right side, recover onto left

- 3&4** Cross right over left, step left to left side, cross right over left
- 5-6** Make $\frac{1}{4}$ turn to left stepping left back, make $\frac{1}{4}$ turn to left stepping right to right side (12.00)
- 7&8** Cross left over right, step right to right side, cross left over right

STEP, TOUCH, KICK & CROSS X 2

- 1-2** Step right to right side, touch left next to right
- 3&4** Kick left forward, step left next to right, cross right over left
- 5-6** Step left to left side, touch right next to left
- 7&8** Kick right forward, step right next to left, cross left over right

PIVOT 1/4 TURN, SHUFFLE, ROCK, RECOVER, COASTER STEP

- 1-2** Step right forward, pivot $\frac{1}{4}$ turn to left (9.00)
- 3&4** Step right forward, step left next to right, step right forward
- 5-6** Rock left forward, recover onto right
- 7&8** Step left back, step right next to left, step left forward

PIVOT 1/4 TURN, SHUFFLE, ROCK, RECOVER, COASTER STEP

- 1-2** Step right forward, pivot $\frac{1}{4}$ turn to left (6.00)
- 3&4** Step right forward, step left next to right, step right forward
- 5-6** Rock left forward, recover onto right
- 7&8** Step left back, step right next to left, step left forward