

Swingin' Heart

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Count: 32

Wall: 2

Level: Novice - smooth WCS

Choreographer: Josefin Blomkvist

Music: Super Duper Love by Joss Stone

FORWARD, ROCK, CROSS, SIDE, TRIPLE TURN $\frac{3}{4}$, STEP-TURN $\frac{1}{2}$

1RF step forward

2LF step forward

&RF rock to side

3LF recover

4RF cross over L

5LF step to side

6RF turn $\frac{1}{2}$ to R and step to R side

&LF turn $\frac{1}{4}$ to R and step forward

7RF step forward

8LF turn $\frac{1}{2}$ to L and put weight on LF

TOE STRUT WITH $\frac{1}{2}$ TURN x2, FORWARD, STEP-TURN $\frac{1}{2}$, FORWARD, TURN $\frac{3}{4}$

9RF turn $\frac{1}{4}$ to L and touch R toe to R side

10RF turn $\frac{1}{4}$ to L and step down

11LF turn $\frac{1}{4}$ to L and touch L toe to L side

12LF turn $\frac{1}{4}$ to L and step down

13RF step forward

14LF step forward

&RF turn $\frac{1}{2}$ turn to R and put weight on R

15LF step forward

16RF close beside L and turn $\frac{3}{4}$ to L (face 12 o'clock)

SIDE, SLIDE, SAILOR, WAVE, $\frac{1}{4}$ TURN, ROCK-STEP BACK

17LF step to side

18RF slide towards L

19RF cross behind L

&LF step to side

20RF step to side

21LF cross behind R

&RF turn $\frac{1}{4}$ to R and step forward

22LF step forward

23RF rock forward

&LF recover

24RF step back

DIAGONALLY BACK WITH HEEL TWIST, TOUCH, TURN $\frac{1}{2}$, WIZARD, WIZARD WITH $\frac{1}{4}$ TURN

25LF step diagonally back to L and grind right heel

26RF step diagonally back to R and grind left heel

27LF touch back

28LF turn $\frac{1}{2}$ to L and put weight on L

29RF step to R diagonally (11:30)

30LF cross behind R

&RF step to R diagonally

31LF step to L diagonally (7:30)

32RF cross behind L

&LF turn $\frac{1}{4}$ to L and step forward

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=95082