

# Wild Hearts

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**Count:** 32                      **Wall:** 2                      **Level:** Intermediate

**Choreographer:** Michael Lynn : Sept 2008

**Music:** "Crazy Days (3:13)" by Adam Gregory (16 count intro, 144bpm)

**Alt Music: "Damaged (4:04)" by Danity Kane (32 count intro, 120bpm)**

**Single: "Damaged" by Danity Kane Album: "Welcome To The Dollhouse" by Danity Kane**

**An extremely funky & lively track, the alt styling adds a totally different spin on the dance.**

## **JAZZ BOX 1/4 TURN RIGHT, LEFT KICK BALL CHANGE, STEP**

- 1-2            Cross step right over left, step back on left,
- 3-4            Step right to right side making a 1/4 turn right, touch left beside right,
- 5&6           Kick left forward, step left beside right, step right in place,
- 7              Step forward left.

## **KITCHEN STEP, STEP, ROCK RECOVER, FULL TURN BACKWARDS, SAILOR 1/2 TURN LEFT**

- 8&1           Hitch right knee, step right beside left, step forward left,
- 2-3            Step forward right, rock forward left,
- 4-5            Recover right, (over left shoulder) make 1/2 turn left stepping forward on left,
- 6              Continue another 1/2 turn left stepping back on right (12)
- 7&8           Sweep left foot behind right, right foot 1/2 turn left, step left to place.

**NOTE: Kitchen step is just the name I use at my class for a hitch & step :o)**

## **STEP- HIPBUMPS, JUMP TOGETHER, TOE-TOUCHES**

- 1-2-3          Step forward right (keeping weight on left), bump hips x 3,
- 4              Small jump together,
- 5-6            Touch right toe forward, step right beside left,
- 7-8            Touch left toe forward, step left beside right.

**ALT STYLING: If you are using the POP track you can add some funkyness to the above steps.**

**Counts 1-3; Step forward right (keeping weight on left), body shake over 3 counts,**

**Count 4; Jump both feet together, swing both wrists across chest,**

**Counts 5-6; Step forward right (pop shoulders), step right beside left,**

**Counts 7-8; Step forward left (pop shoulders), step left beside right.**

**RIGHT ROCK RECOVER, 1/4 TURNING SHUFFLE RIGHT, LEFT HEEL GRIND 1/4 TURN,  
TOGETHER, HEEL SWIVEL 1/4 TURN**

**1-2** Rock forward right, recover left,

**3&4** Step right 1/4 right, close left beside right, step right to right side,

**5-6** Touch left heel forward, grind 1/4 left taking weight onto right,

**7-8** Step left beside right, swivel heels right making a 1/4 turn right (keeping weight on left).

**ALT: Counts 3&4 can be replaced with: Triple step 1& 1/4 turn right, stepping - right,  
left, right.**