

# Strait From The Heart

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**Count:** 48      **Wall:** 1      **Level:** Beginner - Country style

**Choreographer:** Rene and Reg Mileham (UK) May 2012

**Music:** Fool Hearted Memories by George Strait - on Strait From The Heart CD (89 bpm)

## 16 count intro.

### Section 1: Rock forward, hold. Triple 1/2 turn. 2 x Forward shuffles

- 1 - 2      Rock right foot forward, hold
- 3 & 4      Triple 1/2 turn left (left, right, left)
- 5 & 6      Right shuffle forward
- 7 & 8      Left shuffle forward

### Section 2: Side, together, right chasse. Repeat to left

- 1 - 2      Step right to right side, close left next to right
- 3 & 4      Chasse right
- 5 - 6      Step left to left side, close right next to left
- 7 & 8      Chasse left

### Section 3: Right step, lock, step, lock, step. Repeat to left

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

### Section 4: Rock forward, hold. Triple 1/2 turn. 2 x Forward shuffles

- 1 - 2      Rock right foot forward, hold
- 3 & 4      Triple 1/2 turn left (left, right, left)
- 5 & 6      Right shuffle forward
- 7 & 8      Left shuffle forward

### Section 5: Travelling back-Cross, back, side, cross, back, side, cross, back

- 1 - 2      Cross right over left, step back on left

- 3 - 4 Step right to right side, cross left over right
- 5 - 6 Step right back, step left to left side
- 7 - 8 Cross right over left, step left back

### **Section 6: Rumba box**

- 1 - 2 Step right to right side, close left to right
- 3 & 4 Right shuffle forward
- 5 - 6 Step left to left side, close right to left
- 7 & 8 Left shuffle back