

Heart of Gold

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Count: 56 **Wall:** 2 **Level:** Improver

Choreographer: Sara Jalkanen (March 2019)

Music: Heart of Gold – Neil Young (approx. 3.07 mins)

Intro: 16 counts (approx. 12 secs)

Notes: RESTART after 32& counts during walls 1 and 3

S1 [1 - 9] BACK ROCK, ½ TURN, COASTER STEP, WALK, ANCHOR STEP

- 1 - 2 Rock back on RF opening body to R diagonal, recover weight on LF
- 3 - 4&5 Turn ½ L and step RF back, step LF back, RF together, LF forward (6:00)
- 6 - 7 Walk forward RF, LF
- 8&1 Lock RF behind LF, step weight on LF, step RF slightly back

S2 [10 - 17] ½ TURN, ¼ TURN, SAILOR STEP, CROSS ROCK, ¼ SHUFFLE

- 2 - 3 Turn ½ L stepping LF forward, turn ¼ L stepping RF to side (9:00)
- 4&5 Cross LF behind RF, Step RF to R, Step LF to L diagonal
- 6 - 7 Cross rock RF over LF, recover on LF
- 8&1 Step RF to side, step LF together, turn ¼ R stepping RF forward (12:00)

S3 [18 - 24] FORWARD ROCK, ½ TURN L WITH L HIP BUMP, ½ TURN L WITH R HIP BUMP, BACK TOGETHER

- 2 - 3 Rock LF forward, recover on RF
- 4 - 5 Make ¼ turn L touching LF to L side and pushing hip left, make ¼ turn L stepping LF forward (6:00)
- 6 - 7 Make ¼ turn L touching RF to R side and pushing hip right (7), make ¼ turn L stepping RF back (12:00)
- 8& Step LF back, step RF together

S4 [25 - 32] ROCK STEPS FORWARD & SIDE, WEAVE, ½ MONTEREY, SWAY L&R, TOGETHER

- 1&2& Rock LF forward, recover on RF, rock LF to side, recover on RF
- 3&4 Cross LF behind RF, step RF to side, cross LF over RF

5 - 6 Point RF to R side, turn ½ R stepping RF together (6:00)

7 - 8& Step LF to side swaying L, sway R, step LF together

Restart here on walls 1 and 3. You will be facing 6:00 both times to start again.

S5 [33 - 40] SIDE, BEHIND, CHASSE, CROSS ROCK INTO WEAVE

1 - 2RF big step side dragging LF towards RF, step LF behind RF popping R knee

(Turning option: Turn ¼ R and step RF forward, step LF slightly forward and spiral turn ¾ R)

3&4 Step RF to side, step LF together, step RF to side

5& Cross rock LF over RF, recover on RF

6&7&8 Step LF to side, cross RF over LF, step LF to side, cross RF behind LF, step LF to side

S6 [41 - 48] ¼ TURN, TOUCH, ¼ TURN, POINT, WEAVE, SWAY L&R, TOGETHER

1 - 2 Step RF forward turning ¼ L, touch LF to side bumping hips to left diagonal (3:00)

3 - 4 Step LR in place turning ¼ R, point RF to R side (6:00)

5&6 Cross RF behind L, step LF to side, cross RF over L

7 - 8& Step LF to side swaying L, sway R, step LF together

S7 [49 - 56] SIDE, BEHIND, CHASSE, CROSS ROCK, SIDE, CROSS, SWAY L&R, TOGETHER

1 - 2RF big step side dragging LF towards RF, step LF behind RF popping R knee

(Turning option: Turn ¼ R and step RF forward, step LF slightly forward and spiral turn ¾ R)

3&4 Step RF to side, step LF together, step RF to side

5&6& Cross rock LF over RF, recover on RF, step LF to side, cross RF over L

7 - 8& Step LF to side swaying L, sway R, step LF together

ENDING: Dance up to count 6 of section 1, on count 7 step RF together.

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