

# My Heart

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

**Choreographer:** Kate Simpkin & Melissa Foong – May 2019

**Music:** "So Long" by Diplo

**Introduction: 8 Beats. There is No Tag And Restart. Dance starts with weight on left.**

## **S1: CROSS SIDE, SAILOR STEP, CROSS 1/4L SIDE, 1/2L SHUFFLE FORWARD**

- 1, 2      Step R Toe Across In Front Of Left, Step L To Side
- 3 & 4      Step R Behind Left, Step L To The Side, Step R To The Side
- 5, 6      Step L Across In Front Of Right, Turn 1/4 L Step R Back
- 7 & 8      Turning 1/2L Step L Forward, Step R Together, Step L Forward (3:00)

## **S2: FORWARD ROCK, 1/2R SHUFFLE BACK, 1/2R SHUFFLE BACK, BACK ROCK**

- 1, 2      Step R Forward, Rock Back To L
- 3 & 4      Turning 1/4R Step R Forward, Turning 1/4R Step Together, Step R Forward
- 5 & 6      Turning 1/4R Step L Forward, Turning 1/4R Step R Together, Step L Back,
- 7, 8      Step R Back, Step L Forward (3.00)

**(No Turning Option: Forward Rock, Shuffle Back, Back Rock, Shuffle Forward)**

## **S3: PIVOT 1/4L, CROSS SIDE, CROSS SIDE, CROSS TOUCH**

- 1, 2      Step R Forward With 1/4L Turn And Take Weight On Left
- 3, 4      Step R Across L, Step L To Side
- 5, 6      Step R Across L, Step L To Side
- 7, 8      Step R Across L, Touch L To Side (12.00)

## **S4: CROSS SAMBA, CROSS TOUCH, 14L JAZZ BOX**

- 1 & 2      Step L Across In Front Of R, Step R To Side, Step L To Side
- 3, 4      Step R Across In Front Of L, Touch L To Side
- 5, 6      Step L Across R, Step R Back With 1/4L Turn
- 7, 8      Step L To Side, Step R Across L (9:00)

### **S5: SIDE SHUFFLE, BACK ROCK, SIDE SHUFFLE,, BACK ROCK**

- 1 & 2 Step L To Side, Step R Together, Side L To Side
- 3, 4 Step R Back, Rock Onto L
- 5 & 6 Step R To Side, Step L Together, Step R To Side
- 7, 8 Step L Back, Rock Onto R (9.00)

### **S6: TOUCH AND TOUCH AND HEEL AND HEEL AND WALK WALK**

- 1, 2& Touch L To Side, Hold (2), Step L Together (&)
- 3, 4& Touch R To Side, Hold (4), Step R Together (&)
- 5&,6& Step L Heel Forward, Step L Together, Step R Heel Forward, Step R Together
- 7, 8 Step L Forward, Step R Forward (9:00)

### **S7: PIVOT 1/4R, CROSS SIDE BEHIND 1/4R FORWARD, PIVOT 1/4R**

- 1, 2 Step L Forward, Turn 1/4R With Weight On R
- 3, 4 Step L Across R, Step R To Side
- 5, 6
- 7, 8 Step L Behind R, Step R Forward With 1/4R Turn, Step L Forward, Turn 1/4R With Weight On R (6.00)

### **S8: CROSS SIDE BEHIND 1/4R FORWARD, PIVOT 1/2R, 1/4R SIDE TOUCH**

- 1, 2 Step L Across R, Step R To Side
- 3, 4 Step L Behind R, Turn  $\frac{1}{4}$  R Step R Forward
- 5, 6 Step L Forward, Turn  $\frac{1}{2}$  R With Weight On L
- 7, 8 Step L Side With  $\frac{1}{4}$  R Turn, Touch R Next To L (6:00)

**Repeat The Dance In New Direction (To Finish The Dance In Front, Change The Last 8 Steps As below:**

**Cross Side Behind  $\frac{1}{4}$  R Forward, Paddle Turn, And Cross Side)**

**Contact: (simpkin2@bigpond.net.au, melissafoongyy@gmail.com)**

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