

The Heart Dance

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Alison Biggs & Peter Metelnick (TheDanceFactoryUK) February 2020

Music: Heart - Alan Connor

Start after 32 count intro - approx. 16 secs - 3mins 50secs - 131bpm

Music Available: Amazon; iTunes Thank you to Alan Connor for recommending the song
<http://www.facebook.com/alanconnorofficial/>

[1-8] R kick ball point, L cross point, L weave with $\frac{1}{4}$ L

- 1&2** Kick R forward, step R together, point L side
- 3-4** Cross step L over R, point R side
- 5-8** Cross step R over L, step L side, cross step R behind L, turning $\frac{1}{4}$ left step L forward (9 o'clock)

[9-16] R fwd, $\frac{3}{4}$ L pivot, R side, cross step L over R, R side rock/recover, cross R over L, L tog

- 1-2** Step R forward, pivot $\frac{3}{4}$ left (12 o'clock)
- 3-4** Step R side, cross step L over R
- 5-8** Rock R to right side, recover weight on L, cross step R over L, step L together**Restart point

WALL 3 & 6 RESTART: During walls 3 & 6 dance first 16 and restart

[17-24] R kick ball cross, $\frac{1}{4}$ R Monterey turn, R point close

- 1&2** Kick R forward, step R back, cross step L over R
- 3-6** Point R side, turning $\frac{1}{4}$ right step R together, point L side, step L together (3 o'clock)
- 7-8** Point R side, step R together

[25-32] L fwd, $\frac{1}{4}$ R pivot turn, L cross shuffle, R diagonal rocking chair

- 1-2** Step L forward, pivot $\frac{1}{4}$ right (6 o'clock)
- 3&4** Cross step L over R, step R side, cross step L over R
- 5-8** Turning to R back diagonal rock R forward, recover weight on L, rock R back, recover weight on L (7:30)**Bridge point

WALL 4 BRIDGE: During wall 4 dance first 32 counts, and then repeat counts 28-32 as a BRIDGE and continue dancing from count 33

WALL 7 BRIDGE: Same Bridge as above BUT.....add 4 more counts: STOMP R FWD and hold for 3 counts shifting weight to L, and continue dancing from count 33

[33-40] (Facing 7:30) R heel grind (heart hands/arms), R coaster, L fwd rock/recover, ½ L shuffle

1-2 With weight on L grind R heel from L to R (making heart hands/arms)

3&4 Step R back, step L together, step R forward

5-6 Rock L forward, recover weight on R

7&8 Turning ½ left step L forward, step R together, step L forward (1:30)

Optional Hand movements 33-34: Either make a heart sign with your fingers using both hands at chest level or touch your heart with both hands sweeping them forward & out or you can make a heart shape with your hands arms & push them up & out into the air

[41-48] R heel grind (heart hands/arms), R coaster, L fwd rock/recover, ⅜ L shuffle forward

1-2 With weight on L grind R heel from L to R (making heart hands/arms)

3&4 Step R back, step L together, step R forward

5-6 Rock L forward, recover weight on R

7&8 Turning ⅜ left step L forward, step R together, step L forward (angling body slightly left) (9 o'clock)

Optional Hand movements as above on counts 41-42

[49-56] L weave 2, R sailor heel, R back, L rocking chair

1-2 Cross step R over L, step L side

3&4 Cross step R behind L, step L side, touch R heel forward

&5-8 Step R back, on right diagonal rock L forward, recover weight on R, rock L back, recover weight on R (10:30)

[57-64] (Squaring up to 9:00) R weave 2, ¼ L toaster, full L turn fwd, R fwd, L tog (or execute another full turn on counts 63-64)

1-2(Squaring up to 9 o'clock) cross step L over R, step R side

3&4 Turning $\frac{1}{4}$ left step L back, step R together, step L forward (6 o'clock)

5-6 Turning $\frac{1}{2}$ left step R back, turning $\frac{1}{2}$ left step L forward (6 o'clock)

7-8 Step R forward, step L together

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