

My Heart My Home

LINEDANCE.COM

Count: 32

Wall: 4

Level: Low Improver

Choreographer: Heather Barton (SCO) & Alexis Strong (UK) - April 2025

Intro: 8 Counts, Start at approx 4 secs

SEC 1 Syncopated Rocks, Back Shuffle, Back Rock

1-2& Rock right forward, recover weight on to left, step right beside left

3-4 Rock left forward, recover weight on to right

5&6 Step left back, step right beside left, step left back

7-8 Rock right back, recover weight on to left

SEC 2 Cross, Point, Weave, Side Rock Flick, Side Shuffle

1-2 Cross right over left, point left to left

3&4 Step left behind right, step right to right, cross left over right

5-6 Rock right to right, recover weight on to left flicking right behind left

7&8 Step right to right, step left beside right, step right to right

SEC 3 Cross, Side, $\frac{1}{4}$ Sailor Step Cross Rock, Ball Cross, $\frac{1}{4}$ Back

1-2 Cross left over right, step right to right

3&4 Turn $\frac{1}{4}$ left step left behind right, step right to right, step left forward (9:00)

5-6 Cross rock right over left, recover weight on to left

&7-8 Step right beside left, cross left over right, turn $\frac{1}{4}$ left step right back (6:00)

SEC 4 $\frac{1}{4}$ Side Shuffle, Cross Rock, Side Drag, Together Pop, Walk, Walk

1&2 Turn $\frac{1}{4}$ left step left to left, step right beside left, step left to left (3:00)

3-4 Cross rock right over left, recover weight on to left

5-6 Step right to right dragging left towards right, step left beside right popping right knee forward

7-8 Step right forward, step left forward

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=195018