

My Heart Knows Why

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Count: 32

Wall: 4

Level: Beginner

Choreographer: Carolyn Jurek (CAN) - November 2024

Intro: 24 counts (approx. 11 secs) (No Tags or Restarts)

S1 (1-8) RIGHT CHARLESTON, R KICK FWD-SIDE, STEP R, TOUCH L

1-2 Kick R forward R, step R together

3-4 Touch L toe back, step L together

5-6 Kick R forward, kick R side

7-8 Step R together, touch L beside R

S2 (9-16) LEFT GRAPEVINE, RIGHT GRAPEVINE $\frac{1}{4}$ RIGHT, STEP L BESIDE R (3:00)

1-2 Step L to left side, cross R behind L

3-4 Step L to left side, touch R beside L

5-6 Step R to right side, cross L behind R

7-8 $\frac{1}{4}$ turn right stepping R forward, step L beside R (3:00)

S3 (17-24) RIGHT V-STEP FORWARD, RIGHT V-STEP BACKWARD

1-2 Step R forward into right diagonal, Step L forward into left diagonal

3-4 Step R back to centre, Step L beside R

5-6 Step R backward into right diagonal, Step L backward into left diagonal

7-8 Step R forward to centre, Step L beside R

S4 (25-32) BOUNCING PIVOT $\frac{1}{4}$ LEFT x 2 (9:00)

1 Step R forward

2-3-4 Bounce both heels slowly making $\frac{1}{4}$ turn left on the balls of both feet (12:00)

5 Step R forward

6-7-8 Bounce both heels slowly making $\frac{1}{4}$ turn left on the balls of both feet (9:00)

Start Over - Have fun!

Optional Ending:

At the end of Wall 9 (starts at 12:00), in Section 4: the first bouncing pivot turns from 3:00 to 12:00

- replace the second bouncing pivot with a V-step, to remain at 12:00 and end facing front

This dance won 3rd place in the Choreography Competition at Sunshine N Line, April 2025 - in the Country Beginner Dance category

This dance won 1st place in the GOLD Choreography Competition at the Vegas Dance Explosion, November 2024 - in the Beginner Dance category

Contact: Choreographer Carolyn Jurek - carolynjurek@gmail.com

Last Update: 1 May 2025