

Save My Heart

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Count: 40

Wall: 2

Level: Phrased Advanced

Choreographer: Mike Liadouze (FR) & Ryan Hunt (UK) - September 2025

Intro: 16 counts (after 15 seconds)

Sequence: AA B C1 C2, Tag, A BB C1 C2, A C1

Part A: 16 Counts. Clock references apply when starting on 12:00.

Behind w/ Flick 1/2, Point w/ Hand Push, Drag In, Walk x2, 1/4 Kick, Side Cross Lift 1/2, Side Cross

1 Cross R behind L as you flick L out and tightly behind R into a hitch making 1/2 L (1) [6:00]

2&3 Step L in place (2), Point R to R as you bend L knee and push R hand forward (&), Straighten as you drag R in and pull R hand into chest (3)

4&5 Walk forward R (4), Walk forward L (&), Make 1/4 L stepping R to R as you kick L to L side (5) [3:00]

6&7 Step L to L (6), Cross R over L (&), Step L to L as you hinge 1/2 R lifting R off floor (7) [9:00]

8& Step R to R (8), Cross L over R (&)

Sway x2, Reach Over, Touch Down, Roll 1+1/4, Forward Rock, Recover, Side Rock, Recover

1-2 Step/Sway R to R (1), Recover/Sway L to L (2)

3-4 Step R to R as you reach both hands up above head and smoothly swing them from L to R (3), Touch L together as you bring both hands down next to R hip (4)

5&6 Make 1/4 L stepping L forward (5) [6:00], Make 1/2 L stepping R back (&) [12:00], Make 1/2 L stepping L forward (6) [6:00]

7&8& Rock R forward (7), Recover L (&), Rock R to R (8), Recover L (&)

Part B: 8 Counts. Only danced on 12:00.

Behind w/ Sweep, Behind Side Cross, Stutter Tap, Press, Full Rolling Turn, Cross Side

1 Cross R behind L as you sweep L from front to back (1)

2&3 Cross L behind R (2), Step R to R (&), Cross L over R (3)

4-5 Tap R slightly to R side as you cup R hand behind R ear (4), Extend into a full press to R side as you push R hand away from R ear and out to R side (5)

6&7 Make 1/4 L step L forward (6) [9:00], Make 1/2 L step R back (&) [3:00], Make 1/4 L step L to L (7) [12:00]

8& Cross R over L (8), Step L to L (&)

Part C1/C2: 16 Counts. Clock references apply when starting on 12:00.

Touch w/ Shoulder Lock, 1/2 Unwind w/ Release, Recover, Diagonal Run, Slow 1/2 Pivot, Quick Rock Forward

1-2 Touch R behind L as place closed R fist onto L shoulder (1), Unwind 1/2 R taking weight onto R as you throw open R hand down to R side with palm facing forward (2) [6:00]

3-4& Recover L making 1/8 L (3) [4:30], Run forward R (4), Run forward L (&)

5-6 Step forward R (5), HOLD (6). Note: In 'C1', cross both arms over chest into a hug on 5-6 for lyrics "Hold Me".

In 'C2', place hands over ears on 5-6 for lyrics "Hear Me".

7-8& Make 1/2 L taking weight onto L (7) [10:30], Rock R forward (8), Recover L (&)

Rock Back w/ Torque, Recover, Step w/ Prep, Rolling Turn, 1/2 Square Glide Box, Cross Side

1-2 Rock R back as you rotate body open to face 1:30 (1), Recover and return to face 10:30 (2)

Note: On Count 1, wipe/brush R hand in front and across the mouth and out to R side for lyrics "Happy Now".

3-4& Step R forward w/ prep (3), Make 1/2 R stepping L back (4) [4:30], Make 1/2 R stepping R forward (&) [10:30]

**5-6-7 Make 1/8 R stepping L to L (5) [12:00], Make 1/4 R stepping R to R (6) [3:00],
Make 1/4 R stepping L to L (*) (7) [6:00]. Note: Dance counts 5-7 with a glide style,
rather than sharp steps.**

8& Cross R over L (8), Step L to L (&)

Tag: 4 Counts

Behind w/ Flick 1/2, Point w/ Hand Push, Drag In, Cross Side

**1 Cross R behind L as you flick L out and tightly behind R into a hitch making 1/2 L (1)
[6:00]**

**2&3 Step L in place (2), Point R to R as you bend L knee and push R hand forward (&),
Straighten as you drag R in and pull R hand into chest (3)**

4& Cross R over L (8), Step L to L (&)

**Ending - On count 15 of C1 (*), brush the base of R hand across the chest on the final
“Save My Heart” facing 12:00**