

HARMLESS HEART

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Count: 40

Wall: 2

Level: Intermediate level

Choreographer: Lu Olsen (July 07)

Music: Harmless Heart by Trisha Yearwood (Album: Inside Out)

Start on Vocals 1-8 CROSS ROCK, REPLACE & $\frac{1}{4}$ R, $\frac{1}{2}$ R & $\frac{1}{4}$ R, CROSS, $\frac{3}{4}$ UNWIND R, SIDE ROCK L & RECOVER WEIGHT TO R, CROSS SHUFFLE L OVER R

1,2&3&4 Cross Rock R over L, Rock back on L & Turn $\frac{1}{4}$ R on R, Turn a further $\frac{1}{2}$ R, Stepping onto L & Turning $\frac{1}{4}$ R to 12:00 cross L over R (12:00) (End wt L)

5,6&7&8 Slow $\frac{3}{4}$ Unwind R (End wt R) (9:00), Rock L to L & Rock weight to R side, Cross Shuffle L over R Stepping L,R,L (9:00)

&9-16 & STEP BEHIND & $\frac{1}{4}$ R, $\frac{1}{4}$ R, CROSS BEHIND & $\frac{1}{4}$ L, STEP FWD & $\frac{1}{2}$ PIVOT L, $\frac{1}{4}$ L, CROSS BEHIND & $\frac{1}{4}$ R, SHUFFLE FWD L

&1&2 & Stepping R to R Cross L behind R & Turn $\frac{1}{4}$ R on R, Turn a further $\frac{1}{4}$ R, Ending with L to L dragging R towards L (3:00)

3&4& Cross R behind L & Turn $\frac{1}{4}$ L on L (12:00), Step fwd R & Pivot $\frac{1}{2}$ L (6:00)

5,6&7&8 Turning $\frac{1}{4}$ L Step R to R (3:00), Cross L behind R & Turn $\frac{1}{4}$ R on R (6:00), Shuffle fwd L

17-24& TOUCH R TOE BACK & $\frac{1}{2}$ REVERSE PIVOT R, STEP BACK R, FULL TRIPLE FWD L & TOUCH L TOE BACK & $\frac{1}{2}$ REVERSE PIVOT L, STEP BACK L, $\frac{3}{4}$ TRIPLE FWD R & STEP BESIDE

1&2,3&4& Touch R toe back & Pivot back $\frac{1}{2}$ R, Step back on R (12:00), Full triple fwd L Stepping L,R,L (12:00) & Step R beside L

5&6,7&8& Touch L toe back & Pivot back $\frac{1}{2}$ L, Step back on L (6:00), Step fwd R & Turning $\frac{1}{2}$ R Step back on L, Turn a further $\frac{1}{4}$ R & Step L beside R (3:00)

25-32& SIDE ROCK R, REPLACE & STEP BESIDE, ROCK FWD, ROCK BACK & $\frac{1}{4}$ L, STEP FWD, $\frac{1}{4}$ PIVOT L (LOOK L), 1 $\frac{1}{4}$ TRIPLE R & STEP BESIDE

1,2&3,4& Side Rock R to R, Replace wt on L & Step R beside L, Rock fwd L, Rock back on R & Turn $\frac{1}{4}$ L Stepping onto L (12:00)

5,6,7&8& Step fwd R, Pivot $\frac{1}{4}$ L (End Wt L looking L), Triple turn 1 $\frac{1}{4}$ R Stepping R,L,R & Step L beside R (12:00)

**33-40 COASTER FWD R, CROSS & STEP BACK, COASTER L WITH ½ L SWEEPING R,
STEPPING BESIDE SWEEP L, SAILOR L**

- 1&2,3&** Step fwd R & Step L beside R, Step back on R, Travel back - Cross L over R & Step back R (12:00)***
- 4&5** Step back on L & Step R beside L, Stepping fwd L turn ½ L sweeping R to R side (6:00)
- 6** Stepping R beside L Sweep L out to L (6:00)
- 7&8** Cross L behind R & Rock R to R, Replace wt on L (6:00)

RESTART: On wall 2 dance to count 34 (Coaster fwd R) then add the following & Start dance again facing back wall

- 1&2** Travel back - Cross L over R & Step back R , Step back on L

**TAG: At the end of Wall 4 you will be facing the back wall. Add the following 4 Counts
1,2&3,4& Cross Rock R over L, replace wt on L & turn ½ R on R (12:00), Cross Rock L
over R, Rock back on R & Step L to L (12:00) Start dance again facing front wall**

**FINISH: Dance to count 32& (1 ¼ Triple to front wall) & Step fwd R dragging L towards
R EMail**