

HEARTS DELIGHT WALTZ

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Count: 84 **Wall:** 4 **Level:** waltz

Choreographer: Lyn Cochrane

Music: Own Heart's Delight by Ian Tyson

- 1 Stride left foot back diagonally right to cross behind right
- 2 Step right foot back diagonally right
- 3 Step left foot to left side & slightly back
- 4-5 Step right foot across in front of left, step left foot back diagonally left
- 6 Step right foot to right side & slightly back

- 7 Make $\frac{1}{2}$ turn right on ball of right foot & step left foot to left side
- 8 Step on ball of right foot behind left raising left heel
- 9 Lower left heel taking weight on left foot
- 10-12 Long step to right side on right foot, slide left foot beside right, hold

- 13-22 Repeat counts 1 - 10

- 23-24 Slide left foot beside right making $\frac{1}{4}$ turn left on ball of right foot, step left foot beside right

- 25 Step left to left side on left foot making $\frac{1}{4}$ turn left
- 26 Step forward on right foot making $\frac{1}{4}$ turn left
- 27 Step left foot across behind right
- 28 Step right foot to right side making $\frac{1}{4}$ turn right
- 29 Step forward on left foot, on ball of foot make $\frac{1}{2}$ pivot turn right, stepping weight forward on right foot
- 30 Step forward on left foot making $\frac{1}{4}$ turn right

- 31 Step forward on left foot making $\frac{1}{4}$ turn right
- 32 Step right foot across behind left
- 33 Step left foot to left side making $\frac{1}{4}$ turn left
- 34 Step forward on right foot making $\frac{1}{4}$ turn left
- 35 Step ball of left foot behind right raising right heel
- 36 Lower right heel taking weight on right foot

These turns suggest a 'figure eight shape' but travel in a reasonably straight line & should flow to create a smooth pattern of turns

- 37 Step left foot to left side
- 38-39 Step ball of right foot behind left raising left heel, lower heel taking weight on left foot
- 40 Step right foot to right side
- 41-42 Step ball of left foot behind right raising right heel, lower heel taking weight on right foot

- 43-45 Stride step forward on left foot, step right foot beside left, step left in place
- 46 Step right foot forward at a slight diagonal right
- 47-48 Brush left foot forward, brush left foot back

- 49-51 Moving in a straight line back make a full turn left, stepping left-right-left
- 52 Step right foot across in front of left & slightly back
- 53 Step left foot to left side & slightly back
- 54 Small step to right side on right foot
- 55 Step left foot across in front of right & slightly back
- 56 Step right foot to right side & slightly back
- 57 Small step to left side on left foot

- 58-60 Stride step forward on right foot, step left foot beside right, step right foot in place
- 61 Step left foot forward at a slight diagonal left

- 62-63** Brush right foot forward, brush right foot back
- 64-66** Moving in a straight line back make a full turn right stepping right-left-right
- 67** Step left foot across in front of right & slightly back
- 68** Step right foot to right side & slightly back
- 69** Small step to left side on left foot
- 70** Step right foot across in front of left & slightly back
- 71** Step left foot to left side & slightly back
- 72** Small step to right side on right foot
- 73** Step forward on left foot making $\frac{1}{2}$ turn left on ball of foot
- 74-75** Step right foot beside left, step left foot in place
- 76-78** Step forward on right foot, step left foot beside right, step right foot in place
- 79** Stride step forward on left foot
- 80-81** Slide right foot to touch beside left, hold
- 82** Stride step forward on right foot
- 83-84** Slide left foot to touch beside right, hold

REPEAT