

# HEAVEN HELP MY HEART

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**Count:** 48

**Wall:** 4

**Level:** Intermediate level

**Choreographer:** Theresa Needham

**Music:** Heaven Help My Heart by Tina Arena (CD: Don't Ask) 98 bpm

**48 count intro, starts just before vocals. Or Music: Keith Anderson ?Every time I hear your name? CD.Three chord country. 16 count intro.**

## STOMP FOOT FAN X 2, ROCK ½ TURN R, L LOCKSTEP

- 1 & 2 Stomp R foot forward, fan foot out, in
- 3 & 4 Stomp L foot forward, fan foot out, in
- 5 & 6 Rock forward on R, recover onto L, making ½ turn R step forward on R
- 7 & 8 Step forward on L, lock R behind L, step forward on L

## SIDE BEHIND, CHASSE R, SIDE TOGETHER FORWARD ROCK ¼ R

- 1 - 2 Step R to R side, cross L behind R
- 3 & 4 Step R to R side, step L next to R, step R to R side
- 5 & 6 Step L to L side, step R next to L, step forward on L
- 7 & 8 Rock forward on R, recover onto L, making ¼ turn R step R to R side

## CROSS SHUFFLE, HEEL AND TOE, ROCK AND CROSS X 2

- 1 & 2 Cross L over R, step R to R side, cross L over R
- 3 & 4 Dig R heel forward, step R next to L, touch L toe at side of R
- 5 & 6 Rock L to L side, recover onto R, cross L over R
- 7 & 8 Rock R to R side, recover onto L, cross R over L

## SIDE BEHIND SHUFFLE ¼ L, SIDE TOE TOUCHES, SHUFFLE FORWARD

- 1 ? 2 Step L to L side, cross R behind L
- 3 & 4 Step L to L side, step R beside L, make ¼ turn L stepping forward on L
- 5 & 6 & Touch R toe out to R side, step R beside L, touch L toe out to L side, step L next to R
- 7 & 8 Step forward on R, step L next to R, step forward on R

## STEP PIVOT ½ TURN R, SHUFFLE ½ TURN R, BACK MAMBO FORWARD MAMBO

- 1 - 2** Step forward on L, pivot  $\frac{1}{2}$  turn R
- 3 & 4** Shuffle  $\frac{1}{2}$  turn R on a L, R, L
- 5 & 6** Rock back on R, recover onto L, step R beside L
- 7 & 8** Step forward on L, recover onto R, step L beside R

**SAILOR  $\frac{1}{4}$  R CROSS, SIDE ROCK AND CROSS, SIDE BEHIND  $\frac{1}{2}$  R**

- 1 & 2** Making  $\frac{1}{4}$  turn R, sweep R behind L, step L to L side Cross R across L
- 3 & 4** Rock L to L side, recover onto R, cross L over R
- 5 - 6** Step R to R side, cross L behind R
- 7 - 8** Making  $\frac{1}{4}$  turn R, step forward on R,  $\frac{1}{4}$  turn R stepping L to L side