

# Lion Heart

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**Count:** 64      **Wall:** 4      **Level:** Improver

**Choreographer:** Tan Candy (SG) Oct. 2015

**Music:** Lion Heart by Girls' Generation (3:44)

**Start after 16 counts with weight on left.**

## Section 1: Full Turn Toe Struts. Hip Bumps. (12:00)

**1-2** Turn  $\frac{1}{4}$  R (3) & touch R toe to R side. Turn  $\frac{1}{4}$  R (6) & drop R heel.

**3-4** Turn  $\frac{1}{4}$  R (9) & touch L toe to L side. Turn  $\frac{1}{4}$  R (12) & drop L heel.

**5&6-7&8** Step R beside L & bump hips RLR. Bump hips LRL.

## Section 2: Side Rock $\frac{1}{4}$ Turn. $\frac{1}{2}$ Turn. Sweep $\frac{1}{4}$ Turn. Behind Tog. Fwd Touch. (12:00)

**1-2** Rock R to R side. Turn  $\frac{1}{4}$  L (9) & recover weight on L.

**3-4** Turn  $\frac{1}{2}$  L (3) & step back on R. Sweep L from front to back starting to make  $\frac{1}{4}$  turn L.

**5-6-7-8** Complete  $\frac{1}{4}$  turn L (12) & step L behind R. Step R beside L. Step fwd on L. Touch R beside L.

## Section 3: Hip Sways x4. Hip Rolls x2. (12:00)

**1-2-3-4** Step R beside L & sway hips RLRL.

**5-6-7-8** Touch R fwd & roll hips clockwise over 2 counts twice.

## Section 4: $\frac{1}{4}$ Turn. Fwd Lock Step. $\frac{1}{2}$ Turn Shuffle. Coaster Step. $\frac{1}{2}$ Turn Shuffle. (3:00)

**1&2** Turn  $\frac{1}{4}$  R (3) & step fwd on R. Lock L behind R. Step fwd on R.

**3&4** Turn  $\frac{1}{4}$  R (6) & step L to L side. Step R beside L. Turn  $\frac{1}{4}$  R (9) & step back on L.

**5&6** Step back on R. Step L beside R. Step fwd on R.

**7&8** Turn  $\frac{1}{4}$  R (12) & step L to L side. Step R beside L. Turn  $\frac{1}{4}$  R (3) & step back on L.

**TAG 1 (20 counts): After Section 4 of Wall 3 (12:00), RESTART after TAG 1 (12:00)**

## Section 5: Touch Tog. Touch $\frac{1}{4}$ Turn. Sway Touch x2. (12:00)

**1-2-3-4** Touch R to R side. Step R beside L. Touch L to L side. Turn  $\frac{1}{4}$  L (12) & step down on L.

**5-6-7-8** Step R to R side & sway hip R. Touch L to L diag. Step L to L side & sway hip L. Touch R to R diag.

## Section 6: Behind Touch x2. Sailor Step. Sailor $\frac{1}{4}$ Turn. (9:00)

**1-2-3-4** Step R behind L. Touch L to L side. Step L behind R. Touch R to R side.

**5&6** Step R behind L. Step L beside R. Step R to R side.

**7&8** Turn  $\frac{1}{4}$  L (9) & step L behind R. Step R beside L. Step L to L side.

### **Section 7: Cross Rock. Side Chasse. Cross Rock. $\frac{1}{4}$ Turn Chasse. (6:00)**

**1-2-3&4** Cross rock R over L. Recover weight on L. Step R to R side. Step L beside R. Step R to R side.

**5-6** Cross rock L over R. Recover weight on R.

**7&8** Step L to L side. Step R beside L. Turn  $\frac{1}{4}$  L (6) & step fwd on L.

### **Section 8: Fwd. Heel Swivels $\frac{1}{4}$ Turn. Fwd Hitch. Back Tog. (3:00)**

**1-2-3-4** Step fwd on R. Swivel heels RLR making  $\frac{1}{4}$  turn L (3) taking weight on R.

**5-6-7-8** Step fwd on L. Hitch R. Step back on R. Step L beside R.

#### **TAG 1 (20 counts): After Wall 1 (3:00)**

#### **TAG 2 (16 counts): After Wall 2 (6:00)**

#### **REPEAT**

#### **TAG 1: (20 counts): After Wall 1 (3:00). After Section 4 of Wall 3 (12:00), RESTART after TAG 1 (12:00).**

**1-2-3-4** Touch R to R side. Cross R over L. Touch L to L side. Cross L over R.

**5-6** Rock fwd on R. Recover weight on L.

**7&8** Turn  $\frac{1}{4}$  R & step R to R side. Step L beside R. Turn  $\frac{1}{4}$  R & step fwd on R.

**9-16** Repeat counts 1-8 with L lead.

**17-20** Step R beside L & sway hips RLRL with slight dip & up.

#### **TAG 2: (16 counts): After Wall 2 (6:00).**

**1-2-3-4** Touch R to R side. Touch R beside L. Touch R to R side. Hold.

**5-6-7&8** Cross R over L. Turn  $\frac{1}{4}$  R & step back on L. Step back on R. Step L beside R. Step fwd on R.

**1-2-3-4** Touch L to L side. Touch L beside R. Touch L to L side. Hold.

**5-6-7&8** Rock fwd on L. Recover weight on R. Step L to L side. Swivel heels R-centre taking weight on L.

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