

# ONE HEART

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Stephen Sunter

**Music:** One Heart At A Time by Various

## FORWARD TOUCH, SHUFFLE BACK, SHUFFLE BACK, ROCK BACK, ROCK FORWARD

- 1-2** Step left forward at a diagonal to the right (1:00), touch right toe behind left heel
- 3&4** Staying on the diagonal facing 1:00, shuffle back right, left, right
- 5&6** Staying on the diagonal facing 1:00, shuffle back left, right, left
- 7-8** Straighten up to face the 3:00 wall and rock back on right, replace weight to left

## FORWARD TOUCH, SHUFFLE BACK, SHUFFLE BACK, ROCK BACK, ROCK FORWARD

- 9-10** Step right forward (3:00 wall), touch left toe behind right heel
- 11&12** Shuffle back left, right, left
- 13&14** Shuffle back right, left, right
- 15-16** Rock back on left, replace weight to right

## STEP LEFT, PIVOT ½ RIGHT, ½ SHUFFLE RIGHT, ROCK FORWARD, ROCK BACK, COASTER STEP

- 17-18** Step forward left, pivot ½ turn right, (keep weight on left)
- 19&20** Make ½ turn right on right, left, right
- 21-22** Rock forward on left, rock weight back onto right
- 23&24** Step back on left, right next to left, step forward left

## BRUSH RIGHT, CROSS RIGHT OVER LEFT, TOUCH RIGHT TOE, UNWIND ½, HIP BUMPS

- 25-26** Brush right next to left, hook right in front of left
- 27-28** Touch right toe next to left foot (legs should be crossed), unwind ½ turn left
- 29-30** Bump hips forward twice
- 31-32** Bump hips back twice
- &** Place weight onto right foot

## REPEAT