

# ONE HEART!

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**Count:** 36      **Wall:** 4      **Level:** intermediate

**Choreographer:** Chris Williams

**Music:** Ain't That A Lot Of Love by Tom Jones & Simply Red

**The choreographer was age 15 when this dance was written.**

## HEEL TAPS WITH WEAVES

- 1-2      Tap right heel twice, clicking fingers on taps
- 3&4      Cross right behind left. Step left to left side. Cross right over left
- 5-6      Tap left heel twice, clicking fingers on taps
- 7&8      Cross left behind right. Step right to right side. Cross left over right

**Note: while tapping heel, keep toe on floor and lean back on the diagonal**

## RIGHT VINE WITH CROSS TOUCHES AND ½ TURN

- 1-2      Step right to right side. Cross left behind right.
- &3&4      Step right to right side & cross left over right. Touch right toe to right side & hitch right knee
- 5-6      Cross right over left. Touch left to left side.
- 7      Cross left behind right
- 8      Unwind ½ turn stepping back on right & touching left heel forward

## SHIMMIES, ROCK & TRIPLE TURN

- &1      Step down on left & touch right toe back, rolling right shoulder forward on count 1
- 2      Roll right shoulder forward on count 2
- &3      Jump forward in two small steps, right, left, bumping hips to left on count 3
- 4      Bump hips to left on count 4
- 5-6      Step forward on right & rock forward onto left. Recover onto right.
- 7&8      Triple turn left, right, left, ½ turn left

**Counts 1 - 4 are meant to be done with style. The rolls & hip bumps can be easily replaced with whatever you feel comfortable with**

## HEEL JACKS WITH CROSSES

- 1-2** Step right to right side. Cross left behind right
- &3&4** Step back on right, touching left heel forward. Step down on left, crossing right over left
- 5-6** Step left to left side. Cross right behind left
- &7&8** Step back on left, touching right heel forward. Step down on right, crossing left over right

## SIDE STEPS WITH HEEL TOUCHES AND HEEL SWITCHES

- 1-2** Step right to right side. Touch left heel diagonally forward to left
- 3-4** Step left to left side turning  $\frac{1}{4}$  to right. Touch right heel diagonally forward to right
- &5&6** Step down on right, touching left heel forward. Step back on left, touching right heel forward
- &7&8** Step back on right, touching left heel forward. Step left beside right, swiveling heels out & in.

## CROSS TOUCHES

- 1-2** Touch right to right side. Cross right over left
- 3-4** Touch left to left side. Cross left over right
- 5-6** Touch right to right side. Cross right over left
- 7-8** Touch left to left side. Cross left over right

## REPEAT