

# Deep in My Heart

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**Count:** 48      **Wall:** 4      **Level:** Easy Improver

**Choreographer:** Elin Lykke , July 2014, Denmark

**Music:** Knee Deep in My Heart by Shane Filan

## **Sektion 1: R Point Cross & L Point Cross, 2 x walk R,L, R Mambo, Coaster Cross.**

- 1 & 2 &** Point right toe across left, step right beside left, Point left toe across right, step left beside.
- 3 - 4** Walk forward on right , Walk forward on left.
- 5 & 6** Step forward on right, step left in place, step right next to left
- 7 & 8** Step back on left, step right beside left, step left cross right..

## **Section 2: R Side, together, R Chasse, Pivot half turn right, L Shuffel forward.**

- 1 - 2** Step right to right side, step left next to right,
- 3 & 4** Step right to right side, step left next to right, step right to right side.
- 5 - 6** Step forward on left, making half turn right (weight on right),
- 7 & 8** Step forward om left, step right next to left, step forward on left.

## **Sektion 3: Heel Switces x 2 R,L, Pivot half turn left, Shuffle half turn, L Coaster cross.**

- 1 & 2 &** Step right heel forward , together, step L heel forward, together
- 3 - 4** Step forward on right, make  $\frac{1}{2}$  left( weight on left).
- 5 & 6** Step  $\frac{1}{4}$  left on right, step left next to right, step right  $\frac{1}{4}$  left.
- 7 & 8** Step back on left, step right next to left, step left cross right.

## **Sektion 4: R Side, together, R Chasse, Pivot half turn right, L Shuffel forward.**

- 1 - 2** Step right to right side, step left next to right,
- 3 & 4** Step right to right side, step left next to right, step right to right side.
- 5 - 6** Step forward on left, making half turn right (weight on right),
- 7 & 8** Step forward om left, step right next to left, step forward on left.

## **Sektion 5: R, L Walk forward,R Mambo, 2 x Walk Back L,R,. L Coaster.**

- 1 - 2** Step forward on right, step forward on left.
- 3 & 4** Step forward on right, step left in place, step right next to left

**(Restart from on Wall 5 facing 12 O'clock)**

**5 - 6** Walk back on left, walk back on right.

**7 & 8** Step back on left, step right next to left, step forward on left.

**Sektion 6: R Cross Rock Side, L Cross Rock Side, Pivot half turn left, Pivot ¼ turn left.**

**1 & 2** Step right cross left, step right to right side,

**3 & 4** Step left cross right, step left to left side,

**5 - 6** Step forward on right, make 1/2 turn left ( weight on left)

**7 - 8** Step forward on right, make 1/2 turn left ( weight on left)

**Restart during wall 5 ( after Right Mambo section 5.) Facing 12 O'clock**

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