

FROM THE HEART

LINEDANCE.COM

Count: 32

Wall: 4

Level: —

Choreographer: Alan Robinson

Music: In A Heartbeat by Rodney Atkins

CROSS UNWIND, ¼ SHUFFLE RIGHT, ½ PIVOT RIGHT, LOCK STEP FORWARD

- 1-2** Cross right over in front of left, unwind a complete turn left keeping weight on left foot
- 3&4** Step right to right, bring left next to right, step on right turning ¼ turn right
- 5-6** Step forward on left, pivot ½ turn to right
- 7&8** Step forward on left, lock right behind left, step forward on left

STEP, ¾ SWEEP, SAILOR STEP, SIDE SWITCHES, ¾ UNWIND LEFT

- 9-10** Step forward on right, sweep left foot around turning ¾ turn left
- 11&12** Step left behind right, step on right, step forward slightly on left
- 13&14&** Touch right toe out to right, step right next to left (&), touch left toe out to left step left next to right(&)
- 15-16** Cross right over in front of left, unwind ¾ turn left keeping weight on left

FORWARD TOUCH, BACK TOUCH, DIAGONAL CROSS SHUFFLE LEFT, HIP BUMPS

- 17-18** Touch right toe across in front of left, touch right toe back
- 19&20** Step right across in front of left, step diagonally forward on left, step right across in front of left
- 21-22** Step left onto left bumping left hip to left, bump right hip to right
- 23-24** Bump left hip to left, bump right hip to right

FORWARD TOUCH, BACK TOUCH, DIAGONAL CROSS SHUFFLE, HIPS BUMPS, TAP, TAP KICK

- 25-26** Touch left toe across in front of right, touch left toe back
- 27&28** Step left across in front of right, step diagonally forward on right, step left across in front of right
- 29-30** Step right on right bumping right hip to right, bump left hip to right
- 31&** Tap right toe twice
- 32** Kick right foot forward

REPEAT

On counts 21-24 and 29-30 (hip bumps), use your shoulders to move your body into the hip bump and make it a bigger, more fluid move. Body roll if you can.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=54136