

Fix a Heart

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Count: 96

Wall: 2

Level: Intermediate waltz

Choreographer: Brenna Stith (May 2013)

Music: Fix a Heart by Demi Lovato

24 count intro

BASIC FORWARD, BASIC BACK

1 2 3 Step left forward, step right beside left, step left beside right

4 5 6 Step right back, step left beside right, step right beside left

BASIC FORWARD ½ TURN, BASIC BACK

1 2 3 Step left forward, turn ½ left stepping right beside left, step left beside right

4 5 6 Step right back, step left beside right, step right beside left

SIDE, BEHIND, SIDE, CROSS ROCK RECOVER, 1/8 TURN DIAGONAL

1 2 3 Step left to side, cross right slightly behind left, step left to side

4 5 6 Rock right foot over left, recover on left, step right to diagonal (7:30)

STEP, SPIRAL TURN, STEP DIAGONAL, SWEEP

1 2 3 Turn 1/8 stepping forward left, ¾ spiral turn right for two counts (right foot “hooks” across left ankle/calf),

4 5 6 Step right forward to diagonal (7:30), sweep left forward for two counts

TWINKLE, CROSS, ¼ TURN, ¼ TURN

1 2 3 Cross left over right, step right out to side, recover weight back onto left

4 5 6 Cross right over left, turn ¼ right stepping back left, turn ¼ right stepping right side

TWINKLE, CROSS, ¼ TURN, ¼ TURN

1 2 3 Cross left over right, step right out to side, recover weight back onto left

4 5 6 Cross right over left, turn ¼ right stepping back left, turn ¼ right stepping right side

¼ TURN, PIVOT ½, WALK, WALK, WALK

1 2 3 Turn ¼ right stepping forward on left, pivot ½ for two counts

4 5 6 Walk forward right, walk forward left, walk forward right

STEP, ¾ TURN SWEEP, BEHIND, SIDE ROCK RECOVER

1 2 3 Step forward on left, turn ¾ right sweeping right foot backwards for two counts (12)

4 5 6 Step right slightly behind left, rock left out to side, recover on right foot

DIAMOND

1 2 3 Cross left over right (1:30), step right out to side, turn 1/8 left stepping back on left (12)

4 5 6 Step right back (10:30), step left out to side, step right forward (9)

DIAMOND CONTINUED

1 2 3 Cross left over right (7:30), step right out to side, turn 1/8 left stepping back on left (6)

4 5 6 Step right back (4:30), step left out to side, step right forward (3)

STEP, SLOW KICK, CROSS, BACK, ½ Turn

1 2 3 Step left diagonally (1:30), raise right leg slowly like a kick forward

4 5 6 Cross right over left, step back on left squaring up to wall (3), turn ½ right stepping forward on right

STEP, SPIRAL, STEP, HOLD

1 2 3 Step forward left, full spiral turn right for two counts (right foot “hooks” across left ankle/calf)

4 5 6 Step forward on right, hold for two counts

STEP DRAG X2

1 2 3 Step back on left, drag right foot for two counts

4 5 6 Step back on right, drag left foot for two counts

STEP SWEEP X2

1 2 3 Step back on left, sweep right around to back for two counts

4 5 6 Step back on right, sweep left around to back for two counts

BACK TWINKLES X2

1 2 3 Step left behind right, step right to side, recover weight onto left

4 5 6 Step right behind left, step left to side, recover weight onto right

BEHIND, SIDE, CROSS, ¼ TURN, DRAG

1 2 3 Step left behind right, step right to side, cross left over right

4 5 6 Turn $\frac{1}{4}$ left stepping back on right, drag left towards right for two counts

Restart: Happens during wall 4. Restart facing 6:00. Dance first 30 counts.

Start right after the first twinkle, cross, $\frac{1}{4}$ turn, $\frac{1}{4}$ turn set.

This dance placed 1st in the intermediate/advance category at the choreography competition at the 2013 JG Marathon.

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