

Hold My Heart (Håll Mitt Hjärta)

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Count: 32 **Wall:** 4 **Level:** High Improver

Choreographer: Micaela Svensson Erlandsson, April 2017

Music: Håll Mitt Hjärta by Björn Skifs,

Dedicated to my dear friend Marina Szalai

Intro 28 counts (from beat)

Restart during wall 3 (facing 6 o'clock) after count 4&-Section 1.

Section 1: Step. Sweep. Cross. Side. Behind. Sweep. Behind. Side. Cross Rock. Step. Cross Rock. Step.

- 1 Step forward on right. Sweep left from back to front.
- 2& Cross left over right. Step right to right side.
- 3 Cross left behind right. Sweep right from front to back.
- 4& Step right behind left. Step left to left side.

Restart here: During Wall 3 facing 6 o'clock

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- 5-6& Rock right across left. Recover onto left. Step right to right side.
- 7-8& Rock left across right. Recover onto right. Step left to left side.

Section 2: Cross. Unwind left turning 1/1. Sweep. Behind. Side. Cross. Side. Cross Rock. ¼ turn left. Full Turn forward over left shoulder.

- 1-2 Cross right over left. Unwind 1/1 turn left and Sweep left from front to back.
- 3&4 Cross left behind right. Step right to right side. Cross left over right.
- &5 Step right to right. Rock left across right.
- 6& Recover onto right. Turn ¼ left stepping forward on left.
- 7-8 Full turn forward over left shoulder stepping right, left.

Section 3: Basic Nightclub. Spiral ½ Turn right. Side. Cross. Basic Nightclub Spiral ½ Turn right. Side. Cross.

- 1-2 & Step right foot to right side. Step left behind right. Cross right over left.

- 3** Step left to left side turning $\frac{1}{2}$ over you right shoulder hooking right foot over left.
- 4&** Step right to right side. Cross left over right.
- 5-6 &** Step right foot to right side. Step left behind right. Cross right over left.
- 7** Step left to left side turning $\frac{1}{2}$ over your right shoulder hooking right foot over left.
- 8&** Step right to right side. Cross left over right.

Section 4: Right Mambo. Left Mambo. Step. $\frac{1}{2}$ Turn left. Step. $\frac{1}{2}$ Turn left. Step. Walk..

- 1-2&** Rock right. Recover onto left. Step right beside left
- 3-4&** Rock left. Recover onto right. Step left beside right
- 5-6** Step forward on right. Turn $\frac{1}{2}$ left.
- 7&8&** Step forward on right. Turn $\frac{1}{2}$ left. Step forward on right. Step forward on left.

Last Update - 27th April 2017