

Please Heart

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Beginner / Improver

Choreographer: Jan Brookfield (April 2014)

Music: Please Heart, You're Killing Me by Eleanor McEvoy

Alt. music: "Even Cowgirls get the Blues" by Rodney Crowell, or by Emmylou Harris (slower version)

Also: "Jambalaya" by Van Morrison & Linda Gail Lewis

Music available on Amazon or iTunes :

<http://www.amazon.co.uk/Please-Heart-Youre-Killing-Me/dp/B00IVBDRQY>

SECTION 1 : RUMBA BOX, MAMBO BACK, MAMBO FORWARD WITH QUARTER TURN

1,2,3,4: Step R to side, close L to R, step R forward, hold

5,6,7,8: Step L to side, close R to L, step L back, hold

9,10,11,12: Rock back on R, recover onto L, step R forward, hold

13,14,15,16: Rock forward on L, recover onto R, making $\frac{1}{4}$ turn left step on L, hold

SECTION 2 : CROSS ROCK, STEP, CROSS ROCK, QUARTER TURN

17,18,19,20: Rock R across in front of L, recover onto L, step R to side, hold

21,22,23,24: Rock L across in front of R, recover onto R, making $\frac{1}{4}$ turn left step on L, hold

SECTION 3 : STEP, TOUCH, STEP QUARTER TURN, TOUCH, STEP TO SIDE + BACK HEEL FLICK & OPTIONAL HEEL SLAP, STEP TO SIDE + BACK HEEL FLICK & OPTIONAL HEEL SLAP

25,26: Step R to side, touch L next to R

27,28: Making $\frac{1}{4}$ turn left step forward on L, touch R next to L

29,30: Step R to side, flick L foot behind R (slap with right hand)

31,32: Step L to side, flick R foot behind L (slap with left hand)

(now facing 3 o'clock)

KEEP IT GOING!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=97622