

Deep In My Heart

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Count: 48

Wall: 2

Level: High beginner

Choreographer: Lene Mainz Pedersen & Inge Vestergård , DK (Marts 2014)

Music: Knee Deep In My Heart by Shane Filan

There is an 8 count intro - start on Lyrics

Point & Point &, Cross ¼ Turn R, Coaster Step, Walk, Walk

- 1&2&** Point R toe across left, Step R next to L, Point L toe across R, Step L next to R
- 3-4** Cross R over L, make 1/4 turn R stepping L back (3.00)
- 5&6** Step R back, Step L beside R, step R forward
- 7-8** Walk L, Walk R

Mambo Fwd, Mambo Back, Heelswitches x2, Point & Point &

- 1&2** Rock forward on L, recover weight onto R, step L next to R
- 3&4** Rock back on R, recover weight onto L, step R next to L
- 5&6&** Touch L heel forward, step L next to R, touch R heel forward, step R next to L (** Ending on Wall 7)
- 7&8&** Point L to side, Step L next to R, Point R to side, Step R next to L

Side Step, Chasse ¼ turn L, Rock Step, Coaster Step

- 1-2** Step L to side, Step R next to L
- 3&4** Step L to side, Step R beside L, ¼ turn L stepping L forward (12.00)
- 5-6** Rock forward on R, Recover on L
- 7&8** Step R back, Step L beside R, step R forward

Charleston Step x 4

- 1-4** Step L forward, point R forward, Step R back, Touch L back
- 5-8** Step L forward, point R forward, Step R back, Touch L back (* Tag and restart Wall 5)

Walk x 4 In A ½ Circle L, Step Lock Step, Side Rock

- 1-4** Make a ½ circle L walking L - R - L - R (6.00)
- 5&6** Step forward on L, Lock R behind L, Step forward on L
- 7-8** Rock R to R side, Recover on L

Behind Side Cross, Side Rock Recover, Behind Side Cross, Side Rock Recover

- 1&2** Cross R behind L, Step L to side, Cross R in front of L
- 3-4** Rock L to L side, Recover on R
- 5&6** Cross L behind R, Step R to side, Cross L in front of R
- 7-8** Rock R to R side, Recover on L

***Tag & Restart**

Tag and Restart Happens On Wall 5 facing 12 o'clock After Charleston Step

- 1-2** Step L to side, step R next to L
- 3-4** Step L to side, Touch R next to L

**** Ending: There is a small ending on Wall 7 facing 9 o'clock after Heel Switches:**

Step forward on L and make a ¼ turn R stepping forward on R facing 12 o'clock.

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