

# Grateful Heart

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**Count:** 32                      **Wall:** 2                      **Level:** Intermediate

**Choreographer:** Leong Mei Ling (May 2014)

**Music:** Gan En De Xin by Ouyang Fei Fei

**Note: This dance (and song) is dedicated to all mothers, fathers, guardians and anyone who has given of their love, time & support in nurturing a fellow human being along his/her journey in this lifetime.**

**On a personal note, this dance is specially dedicated to my mom & my mom-in-law (deceased March 2014 ) for guiding me in my life's journey.**

**Intro: 32+4 counts (One Restart: on Wall 4 after count 28 , restart facing 12:00)**

**Section 1: R BASIC NC, 1/4R BACK, 1/4R SIDE, CROSS, R BASIC NC, 1/4R BACK, 1/4R SIDE, CROSS, FWD, FWD PRESS**

- 1-2&3**      Step R to right side, step L behind R, cross R over L, 1/4 turn right step back L [3:00]  
                 continue turning another 1/4 right (weight still on LF) draw R towards L [6:00]
- 4&**            Step R to right side, cross L over R
- 5-6&7&**      Step R to right side, step L behind R, cross R over L, 1/4 turn right step back L, 1/4 right  
                 step R to side [12:00]
- 8&1**         Step L fwd to R diagonal, step R fwd, press L fwd [1:30]

**Section 2: BACK-SWEEP (2X), 3/8L WEAVE, 1/2R PIVOT, HITCH/LIFT, 1/2L, POINT L BACK**

- 2-3**            Recover R, sweep L front to back, step L back, sweep R front to back
- 4&5**            Step R behind L, 3/8 left step L forward, step R forward [9:00]
- 6&7**            Step L fwd, 1/2 right step R fwd, draw L towards R (or hitch/lift L beside R) [3:00]
- 8&1**            Step L fwd, 1/2 turn left step R back, point/extend L behind (prep for 3/4 turn) [9:00]

**Section 3: 3/4R TURN, POINT L, CROSS ROCK SIDE, CROSS BACK BACK, CROSS BACK, SIDE 1/4L**

- 2-3**            Weight still on R, turn 3/4 right (keeping L tucked close beside R heel), point L to left [6:00]

**[Easier option: straighten R drawing L towards R as you make 1/4 turn left(2), point L to left (3)]**

**4&5** Step L across R, recover weight to R, step L to side

**6&7&** Cross R over L, step L back to left diagonal, step R to right diagonal, cross L over R [6:30]

**8&1/8 left step R back, 1/4 left step L to side [3:00]**

#### **Section 4: ACROSS, RECOVER SIDE CROSS, RECOVER, COASTER, JAZZ BOX CROSS**

**1-2&** Step R across L [1:30], recover L, step R to side

**3-4** Step L across R [4:30], recover R **\*\*Restart here (Wall 4)**

**5&6** Step L back, step R beside L, step L fwd

**7&8&** Step R across L, step L back, step R to side [6:00], step L across R

**\*\*Restart::**

**To Restart, add an '&' count after count 28 (Section 4), on Wall 4.**

**Example below:**

**3-4** Step L across R, recover R

**&** Step L behind R (**\*\*Restart by squaring to right wall**)

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