

# HERE IS MY HEART

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**Count:** 48

**Wall:** 2

**Level:** intermediate

**Choreographer:** The Girls (Maureen & Michelle Jones)

**Music:** Here Is My Heart by Lionel Richie

## ROCK, SHUFFLE BACK, COASTER, FULL TURN

- 1-2 Rock forward on right, recover back on left
- 3&4 Shuffle back stepping right, left, right
- 5&6 Step left back, step right beside left, step left forward
- 7-8 Make  $\frac{1}{2}$  turn left and step back on right, make  $\frac{1}{2}$  turn left and step forward on left

**The full turn during counts 7-8 can be replaced with two walks forward**

## $\frac{1}{4}$ PIVOT, CROSS SHUFFLE, STEP, $\frac{1}{2}$ HINGE TURN, CROSS SHUFFLE

- 9-10 Step forward on right, pivot  $\frac{1}{4}$  turn left
- 11&12 Step right across left, step left to left, step right across left
- 13-14 Step left to left, make  $\frac{1}{2}$  turn right and step right to right
- 15&16 Step left across right, step right to right, step left across right

## SIDE, BEHIND, SIDE SHUFFLE, ROCK, FORWARD COASTER

- 17-18 Step right to right, step left behind right
- 19&20 Step right to right, step left beside right, step right to right
- 21-22 Rock left behind right, recover forward onto right
- 23&24 Step left forward, step right beside left, step back on left

## ROCK, FORWARD COASTER, ROCK, STEP, TOUCH

- 25-26 Rock right behind left, recover forward onto left
- 27&28 Step right forward, step left beside right, step back on right
- 29-30 Rock back on left, recover forward on right
- 31-32 Step forward on left, touch right behind left heel

## TURN & KICK, STEP, TOUCH, $\frac{1}{4}$ TURN, HITCH & KICK, STEP, COASTER

- &33-34 On ball of left make  $\frac{1}{2}$  turn right and kick right forward, step back on right

**35-36** Touch left toes back, make  $\frac{1}{4}$  turn left and transfer weight onto left foot

**&37-38** Hitch right knee, kick right forward, step back on right

**39&40** Step back on left, step right beside left, step forward on left

### **HEEL GRIND, COASTER, STEP, TOE-DIG, HEEL PUMP-ACTION**

**41-42** Grind right heel forward, step back on left

**43&44** Step back on right, step left beside right, step forward on right

**45-46** Step forward on left, dig right toes beside left in-step

**&47&** Quickly raise right knee and then push right heel slightly forward and down towards floor (do not touch floor), raise right heel

**48&** Push right heel slightly forward and down towards floor (do not touch floor), raise right heel

**The movement required on counts 47-48 is exactly like using a foot pump**

**REPEAT**

**TAG**

**Insert immediately after 5th repetition**

### **SHUFFLE, STOMP-UP, TURN & FLICK: TWICE**

**1&2** Shuffle forward stepping right, left, right

**3-4** Stomp-up left beside right, make  $\frac{1}{2}$  turn right and flick left back (click fingers)

**5&6** Shuffle forward stepping left, right, left

**7-8** Stomp-up right beside left, make  $\frac{1}{2}$  turn left and flick right back (click fingers)