

Heart of The Ocean

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Peter & Alison, TheDanceFactoryUK (May 09)

Music: Mamacita by Mark Medlock (CD: Single [127bpm])

Start after 28 count, does not include the crickets

Thanks to Kelvin for bringing the song to our attention without whom the dance would not have come to fruition ?

(1-8) R Fwd, L Side Point, L Together, ½ R Monterey Turn, L Side Rock & Recover, L Together, R Side Rock & Recover

- 1-2&** Step R fwd, point L toes to left side, step L together
- 3-4** Point R toes to R side, turning ½ right step R together (6 o'clock)
- 5-6&** Rock L side, recover weight on R, step L together
- 7-8** Rock R side, recover weight on L

(9-16) R Sailor, L Sailor, R Fwd, ½ L Pivot Turn, L Forward Full Turning Shuffle

- 1&2** Cross step R behind L, step L side, step R side
- 3&4** Cross step L behind R, step R side, step L side
- 5-6** Step R forward, pivot ½ left (12 o'clock)
- 7&8** Turning ½ left forward & step R back, turning ½ left forward & step L forward, step R forward

Non-turning option 7&8: R fwd shuffle

(17-24) L Fwd Rock & Recover, Step L Together, R Fwd Rock & Recover, Step R Together, Step L Fwd, ¼ R Pivot Turn, L Cross Shuffle

- 1-2&** Rock L forward, recover weight on R, step L together
- 3-4&** Rock R forward, recover weight on L, step R together
- 5-6** Step L forward, pivot ¼ right (3 o'clock)
- 7&8** Cross step L over R, step R to R side, cross step L over R

(25-32) ½ L Hinge Turn Stepping Fwd On 2nd Step, R & L Reverse Sailors Travelling Forward, R Fwd, ½ L Pivot Turn

1-2 Turning $\frac{1}{4}$ left step R back, turning $\frac{1}{4}$ left step L forward (9 o'clock)

3&4 Cross step R over L, rock L side, recover weight on R (travelling forward)

NB Last time through you will end here just add a step forward on the LEFT and strike a pose!

5&6 Cross step L over R, rock R side, recover weight on L (travelling forward)

7-8 Step R forward, pivot $\frac{1}{2}$ left (3 o'clock)

AFTER every 4 walls dance the following 48 count tag .. LOL! These 48 counts always bring you back to your 12 o'clock wall

(1-8) R & L Reverse Sailors Travelling Forward, R Fwd, $\frac{1}{2}$ L Pivot Turn, 2 Count Full Turn Fwd Turning Left

1&2 Cross step R over L, rock L side, recover weight on R (travelling forward)

3&4 Cross step L over R, rock R side, recover weight on L (travelling forward)

5-6 Step R forward, pivot $\frac{1}{2}$ left (6 o'clock)

7-8 Turning $\frac{1}{2}$ left forward step R back, turning $\frac{1}{2}$ left forward step L forward

Non-turning option 7-8: walk forward R, L

(9-16) R Fwd Rock & Recover, R Coaster Cross, L Side Rock & Recover, L Behind-Side-Cross

1-2 Rock R forward, recover weight on L

3&4 Step R back, step L together, cross step R over L

5-6 Rock L side, recover weight on R

7&8 Cross step L behind R, step R side, cross step L over R

(17-24) R Side Rock & Recover, R Behind-Side-Cross, $\frac{1}{2}$ R Hinge Turn, L Cross Shuffle

1-2 Rock R side, recover weight on L

3&4 Cross step R behind L, step L side, cross step R over L

5-6 Turning $\frac{1}{4}$ right step L back, turning $\frac{1}{4}$ right step R side (12 o'clock)

7&8 Cross step L over R, step R side, cross step L over R

(25-32) R Side Rock & Recover, R Behind-Side-Cross, L Side, R Behind-Side-Cross, L Side

- 1-2** Rock R side, recover weight on L
- 3&4** Cross step R behind L, step L side, cross step R over L
- 5** Step L side
- 6&7** Cross step R behind L, step L side, cross step R over L
- 8** Step L side

(33-40) R Cross Rock & Recover, R Ball Cross, R Side, ¼ L & L Side, ¼ L & R Side (Think Of This As Box Turn), L Sailor Step

- 1-2&** Cross rock R over L, recover weight on L, step R back
- 3-4** Cross step L over R, step R side
- 5-6** Turning ¼ left step L side, turning ¼ left step R side (6 o'clock)
- 7&8** Cross step L behind R, step R side, step L side

(41-48) Repeat Counts 33-40 To Return To Front Wall (12 O'clock) And Begin Dance Again

- 1-8** Repeat counts 33-40 (12 o'clock)