

# MY TENDER HEART

LINEDANCE.COM

**Count:** 48

**Wall:** 2

**Level:** intermediate

**Choreographer:** Derek Robinson

**Music:** Tender Heart by Lionel Richie

## ROCK FORWARD, RECOVER, SHUFFLE, CROSS ROCK, RECOVER, SHUFFLE ½ TURN

- 1 Step diagonally forward on left (10:00) swaying hips forward
- 2 Recover on right swaying hips back
- 3&4 Shuffle forward (left, right, left)
- 5 Cross rock right over left
- 6 Recover on left
- 7&8 Shuffle ½ turn right (right, left, right)

## ROCK FORWARD, RECOVER, SHUFFLE, CROSS ROCK, RECOVER, SHUFFLE ½ TURN

- 9-16 Repeat steps 1- 8

## STEP ACROSS, TURN, BACK LOCK STEP, ROCK BACK, RECOVER, SHUFFLE FORWARD

- 17 Step left foot across and in front of right
- 18 Step right foot to right side, turning ¼ turn left
- 19&20 Step back left, lock right across left, step back left
- 21 Rock back on right
- 22 Recover on left
- 23&24 Shuffle forward (right, left, right)

## FULL TURN RIGHT, TOUCH, SHUFFLE FORWARD, CROSS ROCK, RECOVER, 2X ½ RONDES MOVING BACK

- 25 Step forward left
- 26 Spin a full turn right on sole of left foot touching right toe forward
- 27&28 Shuffle forward right (right, left, right)
- 29 Cross rock left over right
- 30 Recover on right
- 31 Sweep left foot out and behind right

32 Sweep right foot out and behind left

**BACK LOCK STEP, ROCK BACK, RECOVER, SIDE TOE TOUCH & CROSS, RIGHT & LEFT**

33&34 Step back left, lock right across left, step back left

35 Rock back on right

36 Recover on left

37 Touch right toe to right side

38 Step right across and in front of left

39 Touch left toe to left side

40 Step left across and in front of right

**ROCK FORWARD, RECOVER, TRIPLE  $\frac{3}{4}$  TURN, CROSS ROCK, RECOVER, STEP LEFT, SLIDE UP RIGHT**

41 Rock forward on right

42 Recover on left

43&44 Triple turn  $\frac{3}{4}$  right (right, left, right)

45 Cross rock left over right

46 Recover on right

47 Step left to side

48 Slide right up beside left, transferring weight onto right

**REPEAT**