

Dance From The Heart

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

Choreographer: Jan Wyllie , Hervey Bay, Qld., Australia (Feb 2014)

Music: We'll Dance by Heartbeat Duo (128 bpm)

16 count intro,

Rock Recover Coaster Back Toe Struts Fwd x 2

- 1,2 Rock/step fwd on L, Rock/recover wt back on R
- 3&4 Step back on L, Step R beside L, Step fwd on L (coaster)
- 5,6 Step R toe fwd, Drop R heel to floor
- 7,8 Step L toe fwd, Drop L heel to floor

R Kick Ball Change x 2 Side Rock Recover Step Across Hold

- 9&10 Kick R fwd, Step R beside L, Step L beside R (kick ball change)
- 11&12 Kick R fwd, Step R beside L, Step L beside R (kick ball change)
- 13,14 Rock/step R to right, Rock/recover wt sideways onto L
- 15,16 Step R across L, Hold

Side Rock Recover Cross Shuffle 1/4 Shuffle Fwd Step Pivot 1/4

- 17,18 Rock/step L to left, Rock/recover wt sideways onto R
- 18&20 Step L across R, Step R to right, Step L across R (cross shuffle)
- 21&22 Making 1/4 right Step fwd on R, Step L beside R, Step fwd on R (shuffle fwd)
- 23,24 Step fwd on L, Pivot 1/4 right transferring wt to R

Cross Toe Strut Side Toe Strut Jazz Box

- 25,26 Step L toe across R, Drop L foot (toe strut)
- 27,28 Step R toe to right, Drop R foot (toe strut)
- 29,30,31,32 Step L across R, Step back on R, Step L to left, Step R beside L (jazz box)

***There are 2 'Tags' in this dance - at the end of walls 4 and 8**

Easy rocks.... Like this.....

Rock Fwd Recover Back Rock Back Recover Fwd

1,2 Rock/step fwd on L, Rock/recover wt back on R

3,4 Rock/step back on L, Rock/recover wt fwd on R

This is an easy little dance that might appeal to all those 'club dancers' out there.

Hope you enjoy the simplicity of both the dance and the song.

See you on the floor sometime.... Jan

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