

# Hanging Up My Heart

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Absolute Beginner

**Choreographer:** Martie Papendorf . South Africa. (Feb 2013)

**Music:** Hanging Up My Heart - Emmylou Harris & Rodney Crowell. [2.52 - 140 bpm]

**FREE Download of track on fb:**

**Download "Hanging Up My Heart" (Right-click and "Save Link As")**

**<http://www.npr.org/2013/01/22/168825342/heavy-rotation-5-songs-public-radio-cant-stop-playing>**

**No tags - No restarts**

**Intro. : 16 counts [+/- 8 sec.], Start on vocals**

**S1: Side, Touch, Side, Touch, Side, Together, Fwd, Touch**

**1,2,3,4** Step R to right side, Touch L next to R, Step L to left side, Touch R next to L,

**5,6,7,8** Step R to right side, Step L next to R, Step R fwd, Touch L next to R

**S2: Side, Touch, Side, Touch, Chasse ¼ left, Touch**

**1,2,3,4** Step L to left side, Touch R next to L, Step R to right side, Touch L next to R,

**5,6,7,8** Step L to left side, Step R next to L Step L fwd making ¼ a turn left, Touch R next to L [9.00]

**S3: Rock, Hold, Recover, Hold, Behind, Side, Cross, Hold**

**1,2,3,4** Rock R to right side, Hold, Recover L to left side, Hold,

**5,6,7,8** Cross R behind L, Step L to left side, Step R across L, Hold

**S4: Rock, Hold, Recover, Hold, Sailor step, Hitch**

**1,2,3,4** Rock L to left side, Hold, Recover R to right side, Hold,

**5,6,7,8** Sweep out and step L behind R, Rock R to right side, Recover L to left side, Hitch R next to L

**Contact email-LinedanceInTheStrand@gmail.com**