

My Second Hand Heart

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Stephen Gell - March 2016

Music: Second Hand Heart by Ben Haenow feat. Kelly Clarkson (3:59) 120 bpm - iTunes and Amazon UK

Intro: 8 Count Intro.

Restarts Wall 3: Wall 3 Starts Facing 6.00

Dance 16 Counts And Restart From The Beginning Of The Dance Facing 12.00.

Left Diagonal Shuffle, Right Diagonal Shuffle, Rock, Recover, left Coaster Step

- 1 - 3 Step forward left, Lock right behind left, Step forward left
- 4 & 5 Step forward right, Lock left behind right, Step forward right
- 6 - 7 Rock forward left, Recover right
- 8 & 1 Step back left, Step right next to left, Step forward left (12.00)

Step Pivot Step, Step Forward, Touch Back, Step Pivot Step

- 2 & 3 Step forward right forward, Make $\frac{1}{2}$ turn left, Step forward right
- 4 & 5 Step forward left, Touch right toe back, Make $\frac{1}{2}$ turn right on right foot (12.00)
- 6 - 8 Step left forward, Make $\frac{1}{2}$ right, Step forward left (6.00)

Restarts Wall 3: Wall 3 Starts Facing 6.00 Dance 16 Counts And Restart From The Beginning Of The Dance Facing 12.00

Side Shuffle, Rock, Recover, Left Kick & Cross, $\frac{1}{4}$ Shuffle RIGHT

- 1 & 2 Step right to right side, Step left next right, Step right to right side
- 3 - 4 Rock back on left, Recover on right
- 5 & 6 Kick left to left diagonal, Step left in place, Cross right over left
- 7 & 8 Make $\frac{1}{4}$ Shuffle RIGHT- Stepping left, right, left (9.00)

Rock, Recover, Right Kick Ball Change, Full Turn Traveling Forward Turning Left, Sway Right, Left, Right

- 1 - 2 Rock back on right, Recover on left
- 3 & 4 Kick right foot forward, Step right next to left, Step left in place

5 - 6 Make ½ turn left stepping back on right, Make ½ turn left stepping forward on left

***Option: 5 - 6 Walk right, Walk left**

7 & 8 Sway Right, Left, Right (weight on right foot 9.00)

Contact: steveg_star@hotmail.co.uk

Last Update - 16th March 2016

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=109984