

Perfect Heart

LINEDANCE.COM

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

Choreographer: Mathew Sinyard (UK) 12th June 2012

Music: Picking Up The Pieces – Paloma Faith. Album: Fall To Grace

Intro: Start on 1st beat, 14 seconds

Section 1 - Side Rock, Cross Shuffle, Side Rock, Behind Side Cross.

- 1-2** Rock Right foot to right side, recover onto left foot.
- 3&4** Cross shuffle – Cross right foot over left foot, step left foot to left side, cross right foot over left foot.
- 5-6** Rock left foot to left side, recover onto right foot.
- 7&8** Cross left foot behind right foot, step right foot to right side, cross left foot in front of right foot.

Section 2 - Side Rock $\frac{1}{4}$ left, Kick Ball Step, Step Turn Half, Behind Side Cross.

- 1-2** Rock right foot to right side making a $\frac{1}{4}$ turn left, recover onto left foot.
- 3&4** Kick right foot forward, step onto ball of right foot, step forward on left foot.
- 5-6** Step forward on right foot, pivot a $\frac{1}{2}$ turn left sweeping the left foot around as you turn.
- 7&8** Step left foot behind right foot, step right foot to right side, cross left foot in front of right foot.

Section 3 - Side Rock, Cross Shuffle, Side Rock, Kick Ball Change.

- 1-2** Rock right foot to right side, recover onto left foot.
- 3&4** Cross shuffle – Cross right foot over left foot, step left foot to left side, cross right foot over left foot.
- 5-6** Rock left foot to left side, recover onto right foot.
- 7&8** Kick left foot forward, step onto ball of left foot, step right foot beside left foot.

Section 4 - Cross, Step Back, Side Close $\frac{1}{4}$ Left, Step $\frac{1}{2}$ Turn, Kick Ball Change.

- 1-2** Cross left foot in front of right foot, step back on right foot.
- 3&4** Step left foot to left side, close right foot beside left foot, step left foot to left side making a $\frac{1}{4}$ turn left.
- 5-6** Step forward on right foot, pivot a $\frac{1}{2}$ turn left (weight ending on left foot).

7&8 Kick right foot forward, step onto ball of right foot, step left foot beside right foot.

Tag: - At the end of wall 5 -

1-4 Sway hips right, left, right, left.

Then restart.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=87910