

Hands on Heart

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Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Francien Sittrop (May 2014)

Music: Hand On Heart - Olly Murs. Album: Right Place Right Time (Deluxe Edition)

Intro: Start after 16 counts

[1 - 8] Step Fwd, Rocking Chair, $\frac{3}{4}$ Turn R with Lockstep, Mambo Step, Step Back, Together

- 1** Step L fwd
- 2&3&** Rock R fwd, Recover on L, Rock R back, Recover on L
- 4 & 5 $\frac{1}{2}$** Turn R step R fwd, Lock L behind R, $\frac{1}{4}$ Turn R step R fwd (09.00)
- 6 & 7** Rock L fwd, Recover on R, Step L back
- 8 &** Step R back, Step L next to R

[9-16] Vaudeville , Prissy Walks, Step fwd, Pivot $\frac{1}{2}$ L, Step fwd, Full Turn L

- 1&2&** Step R across L, Step L back, Touch R heel fwd, Step R down
- 3 - 4** Step L across R, Step R across L
- 5 & 6** Step L fwd , Pivot $\frac{1}{2}$ Turn R, Step L fwd (03.00)
- 7 - 8 $\frac{1}{2}$** Turn L step R back, $\frac{1}{2}$ Turn L step L fwd

[17-25] Side, Sailor Point, $\frac{1}{4}$ Turn L, Syncopated Jazz Box, Side Rock , $\frac{1}{4}$ L , Step fwd

- 1** Step R to R side
- 2 & 3** Sweep L behind R, Step R to R side, Point L to L side
- 4 $\frac{1}{4}$** Turn L step L down and sweep R fwd (12.00)
- 5** Step R across L
- 6 & 7** Step L back, Step R to R side, Step L across R
- 8 & 1** Rock R to R side, Recover on L making $\frac{1}{4}$ Turn L, Step R fwd (09.00)

Hand options: count 3: You can put your hands on your heart and facing diag. right

[26-32] Cross, Full Turn R, Step fwd, Step Fwd,Pivot $\frac{1}{4}$ Turn R, $\frac{3}{4}$ Turn L, Step fwd

- 2 - 3** Step L across R, Full Turn R (Weight on L)

4 Step R fwd

5 & 6 Step L fwd, Pivot $\frac{1}{4}$ Turn R, Step L across R (12.00)

7 & 8 $\frac{1}{4}$ Turn L step R back, $\frac{1}{2}$ Turn L step L fwd , Step R fwd (03.00)

Restart during wall 5 (facing 3 O'clock wall:

After count 16 add an & count Step R next to L and start again with count 1

Ending: End last wall after count 30 facing the front wall

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