|  |  |
| --- | --- |
| Hands On My Heart |  |

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| --- |
| . |
| **Count:** | 64 | **Wall:** | 4 | **Level:** | Easy Intermediate | . |
| **Choreographer:** | Vivienne Scott (CAN) - February 2011 |
| **Music:** | Don't Take Your Hands Off My Heart - Dawn Sears |
| . |

**Start on lyrics**

**[1-8] CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE**

|  |  |
| --- | --- |
| 1-2 | Cross rock R over L, recover on L, |

|  |  |
| --- | --- |
| 3&4 | Shuffle to the right stepping, r,l,r |

|  |  |
| --- | --- |
| 5-6 | Cross rock L over R, recover on R |

|  |  |
| --- | --- |
| 7&8 | Shuffle to the left stepping, l,r,l |

**[9-16] ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE, PIVOT 1/2 TURN, SHUFFLE FORWARD**

|  |  |
| --- | --- |
| 1-2 | Rock forward on R, recover on L |

|  |  |
| --- | --- |
| 3&4 | Turn 1/2 R and shuffle forward, r,l,r |

|  |  |
| --- | --- |
| 5-6 | Step L forward, pivot 1/2 turn R |

|  |  |
| --- | --- |
| 7&8 | Shuffle forward stepping l,r,l |

**[17-24] ROCK FORWARD, RECOVER, 1/4 TURN SHUFFLE, WEAVE**

|  |  |
| --- | --- |
| 1-2 | Rock forward on R, recover on L |

|  |  |
| --- | --- |
| 3&4 | Turn 1/4 R and shuffle to the right stepping r,l,r |

|  |  |
| --- | --- |
| 5-8 | Cross L over R, step R to R side, step L behind R, step R to R side |

**[25-32] CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE, PIVOT 1/2 TURN X 2**

|  |  |
| --- | --- |
| 1-2 | Cross rock L over R, recover on R |

|  |  |
| --- | --- |
| 3&4 | Turn 1/4 L and shuffle in place stepping l,r,l |

|  |  |
| --- | --- |
| 5-6 | Step R forward, pivot 1/2 turn L |

|  |  |
| --- | --- |
| 7-8 | Step R forward, pivot 1/2 turn L |

**(Easier Option for 5-8 Rocking Chair)**

**[33-40] SHUFFLE FORWARD, PIVOT 1/2 TURN X 2, SHUFFLE FORWARD**

|  |  |
| --- | --- |
| 1&2 | Shuffle forward stepping r,l,r |

|  |  |
| --- | --- |
| 3-4 | Step L forward, pivot 1/2 turn R |

|  |  |
| --- | --- |
| 5-6 | Step L forward, pivot 1/2 turn R |

|  |  |
| --- | --- |
| 7&8 | Shuffle forward stepping l,r,l |

**(Easier Option for 3-6 Rocking Chair)**

**[41-48] ROCKS FORWARD, SIDE, BACK, SWAYS**

|  |  |
| --- | --- |
| 1-4 | Rock forward on R, recover on L, rock R to right side, recover on L |

|  |  |
| --- | --- |
| 5-8 | Rock back on R, recover on L, step R to right side & sway R, sway L |

**[49-56] STEP, HOLD, ROCK BACK, RECOVER, STEP TURNS, SHUFFLE FORWARD**

|  |  |
| --- | --- |
| 1-2 | Step R to right side, hold |

|  |  |
| --- | --- |
| 3-4 | Rock back on L, recover on R |

|  |  |
| --- | --- |
| 5-6 | Turn 1/4 R & step L to left side, turn 1/2 R & step R forward |

|  |  |
| --- | --- |
| 7&8 | Shuffle forward stepping l,r,l |

**[57-64] R DIAGONAL LOCK FORWARD, BRUSH, L DIAGONAL LOCK FORWARD, BRUSH**

|  |  |
| --- | --- |
| 1-4 | Step R to right diagonal, lock L behind R, step R to right diagonal, brush L beside R |

|  |  |
| --- | --- |
| 5-8 | Step L to left diagonal, lock R behind L, step L to left diagonal, brush R beside L |

**RESTART: On 4TH wall facing 3 o’clock, dance first 16 counts, then start again**

**There is also a partner version of this dance.**

**Contact: (Canada) 416 588 7275 -- linedanceviv@hotmail.com -- www.stayinline.ca**