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| A Perfect Heart |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Sebastiaan Holtland (NL) - June 2012 |
| **Music:** | Picking Up the Pieces - Paloma Faith : (CD: Fall to Grace. 2012 - iTunes) |
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**16 count intro start dancing after the words “Do You”(14 sec).**

**Sec 1: [1-8] Side Stomp, Hold, Behind, ¼ R, Side, Fwd Rock, Recover, L Coaster Step.**

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| 1-2 | Stomp Rf out to the right, Hold. |

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| 3-4 | Step Lf behind Rf, turn ¼ right (3) step Rf to the right. |

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| --- | --- |
| 5-6 | Rock Lf forward, recover on Rf. |

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| 7&8 | Step Lf back, step Rf next to Lf, step Lf forward. (3:00) |

**Sec 2: [9-16] Fwd Rock, Recover, ¼ R, Side, Hold, Step, Side, Back Rock, Recover.**

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| 1-2 | Rock Rf forward, recover on Lf. |

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| 3-4 | Turn ¼ right (6) step Rf to the right, Hold. |

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| 5-6 | Step Lf forward, step Rf to the right. |

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| 7-8 | Rock Lf back, recover on Rf. |

**Sec 3: [17-24] Side, Hold, Together, Side, Hold, Together, Side Rock, Recover, Behind, R Point.**

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| 1-2 | Step Lf to the left, Hold. |

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| &3-4 | Step Rf next to Lf, step Lf to the left, Hold. |

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| &5-6 | Step Rf next to Lf, rock Lf to the left, recover on Rf. |

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| 7-8 | Step Lf behind Rf, point Rf out to right. (6:00) |

**Sec 4: [25-32] Jazz Box Across ¼ R, Touch, Lock Step, Hold.**

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| 1-2 | Cross Rf over Lf, turn ¼ right (9) step Lf back. |

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| 3-4 | Step Rf to the right, touch Lf beside Rf. |

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| 5-6-7 | Step Lf forward, lock Rf behind Lf, Lf step forward. |

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| 8 | Hold. |

**Sec 5: [33-40] Fwd Rock, Recover, Side Rock, Recover, Behind, ¼ L, Side, Together, Hold.**

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| 1-2 | Rock Rf forward, recover on Lf. |

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| 3-4 | Rock Rf to the right, recover on Lf. |

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| 5-6 | Step Rf behind Lf, turn ¼ left (6) step Lf to the left. |

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| 7-8 | Step Rf next to Lf, Hold. \*\*Restart\*\* |

**Restart here WALL 3 after 40 count (Facing 6 o’clock) after start again (Facing 12 o’clock).**

**Sec 6: [41-48] Fwd Rock, Recover, Side Rock, Recover, Behind, Side, Cross Rock, Recover.**

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| 1-2 | Rock Lf forward, recover on Rf. |

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| 3-4 | Rock Lf to the left, recover on Rf. |

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| 5-6 | Step Lf behind Rf, step Rf to the right. |

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| 7-8 | Cross rock forward on Lf, recover on Rf. |

**Sec 7: [49-56] Side, Hold, Together, Side, Hold, Together, Side Rock, Recover, Behind, R Point.**

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| 1-2 | Step Lf to the left, Hold. |

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| 3-4 | Step Rf next to Lf, step Lf to the left, Hold. |

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| 5-6 | Step Rf next to Lf, rock Lf to the left, recover on Rf. |

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| 7-8 | Step Lf behind Rf, point Rf out to right. |

**Sec 8: [57-64] Cross, ¼ R, Back, Back, Hook, Lock Step, Hold.**

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| 1-2 | Cross Rf over Lf, turn ¼ right (9) step Lf back. |

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| 3-4 | Step Rf back, Lf hook up across Rf. |

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| 5-6 | Step Lf forward, lock Rf behind Lf, Lf step forward. |

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| 7-8 | Hold. (9:00) |

**Start again and have fun!**

**Contact: smoothdancer79@hotmail.com**