

Deep In My Heart

Count: 48

Wall: 2

Level: High Beginner

Choreographer: Lene Mainz Pedersen (DK) & Inge Vestergård (DK) - March 2014

Music: Knee Deep In My Heart - Shane Filan



There is an 8 count intro – start on Lyrics

Point & Point &, Cross ¼ Turn R, Coaster Step, Walk, Walk

- 1&2& Point R toe across left, Step R next to L, Point L toe across R, Step L next to R
3-4 Cross R over L, make 1/4 turn R stepping L back (3.00)
5&6 Step R back, Step L beside R, step R forward
7-8 Walk L, Walk R

Mambo Fwd, Mambo Back, Heelswitches x2, Point & Point &

- 1&2 Rock forward on L, recover weight onto R, step L next to R
3&4 Rock back on R, recover weight onto L, step R next to L
5&6& Touch L heel forward, step L next to R, touch R heel forward, step R next to L (** Ending on Wall 7)
7&8& Point L to side, Step L next to R, Point R to side, Step R next to L

Side Step, Chasse ¼ turn L, Rock Step, Coaster Step

- 1-2 Step L to side, Step R next to L
3&4 Step L to side, Step R beside L, ¼ turn L stepping L forward (12.00)
5-6 Rock forward on R, Recover on L
7&8 Step R back, Step L beside R, step R forward

Charleston Step x 4

- 1-4 Step L forward, point R forward, Step R back, Touch L back
5-8 Step L forward, point R forward, Step R back, Touch L back (* Tag and restart Wall 5)

Walk x 4 In A ½ Circle L, Step Lock Step, Side Rock

- 1-4 Make a ½ circle L walking L – R – L – R (6.00)
5&6 Step forward on L, Lock R behind L, Step forward on L
7-8 Rock R to R side, Recover on L

Behind Side Cross, Side Rock Recover, Behind Side Cross, Side Rock Recover

- 1&2 Cross R behind L, Step L to side, Cross R in front of L
3-4 Rock L to L side, Recover on R
5&6 Cross L behind R, Step R to side, Cross L in front of R
7-8 Rock R to R side, Recover on L

*Tag & Restart

Tag and Restart Happens On Wall 5 facing 12 o'clock After Charleston Step

- 1-2 Step L to side, step R next to L
3-4 Step L to side, Touch R next to L

** Ending: There is a small ending on Wall 7 facing 9 o'clock after Heel Switches:
Step forward on L and make a ¼ turn R stepping forward on R facing 12 o'clock.

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