Your Own Heart

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Ebene: Intermediate

Count: 48 Wand: 4 Choreograf/in: Kim Liebsch (DK) - June 2015 Musik: Karma Town - Stine Bramsen

Ending: After the 1/4 turn on count 47 facing 12:00 #1 section: Step, lock step, rock recover 2 X back, 2 X back back rock, step ¼ Step fw. on R□12:00 1-2 Lock L behind R, step fw. on R□12:00 3&4& Rock fw. on L, recover on R, step back on L, step back on R□12:00 5-6 Step back on L, step back on R□12:00 7&8& Rock back on L, recover on R, step fw. on L, make ¼ turn R putting weight on R 3:00 #2 section: \Box Cross ¼ turn, side cross rock side, 2 X sway, cross rock side rock \Box 1-2 Cross L over R, make ¼ turn L stepping back on R□12:00 3&4& Step L to L side, cross R over L, recover on L, step R to R side□12:00 5-6 Sway L, sway R□12:00 7&8& Cross L over R, recover on R, rock L to L side, recover on R□ 12:00 #3 section: Step ¼ turn, behind ¼ step ½ turn, 2 X walk, 2 X out 2 X in 1-2 Step fw. on L, make $\frac{1}{4}$ turn L stepping R to R side \Box 9:00 3&4& Cross L behind R, make 1/4 turn R stepping fw. on R, step fw. on L, make 1/2 turn R stepping fw. on R□6:00 5-6 Walk fw. on L, walk fw. on $R\square6:00$ 7&8& Step out on L, step out on R, step in on L, step in on R
6:00 #4 section: 2 X walk, syncopated jazzbox, rock recover, point together X 2 1-2 Walk fw. on L, walk fw. on $R\square 6:00$ 3&4& Cross L over R, step back on R, step L to L side, step fw. on R□6:00 5-6 Rock fw. on L, recover on R□6:00 7&8& Point L to L side, step L next to R, point R to R side, step R next to L *(9:00)□6:00 #5 section: ☐ Step ½ turn, cross back back step X 2□ 1-2 Step fw. on L, make 1/2 turn R stepping fw. on R 12:00 3&4& Cross L over R, step back on R, step back on L, step fw. on R□12:00 5-6 Step fw. on L, make ½ turn R stepping fw. on R□6:00 7&8& Cross L over R, step back on R, step back on L, step fw. on R□6:00 #6 section: Step ¼ turn, cross side behind side, side rock, 2 X ¼ turn behind 1-2 Step fw. on L, make ¼ turn R stepping R to R side□9:00 3&4& Cross L over R, step R to R side, cross L behind R, step R to R side □9:00 5-6 Rock L to L side, recover on R□9:00 7&8 Make 1/4 turn L putting weight on L, make 1/4 turn L stepping R to R side, cross L Behind R□3:00 Good Luck & N'joy!





Intro: 16 counts after 1'st beat(appr. 10 seconds) Start with weight on L foot

Restart: On wall 2 after 32 counts (Step fw. on the & counts to Restart) (9:00) *