Heartwork



Count: 32 Wand: 2 Ebene: Intermediate

Choreograf/in: Miquel Menéndez (ES) - July 2015

Musik: Heartwork - Justin Garner



Note: After 3rd and 6th walls, you have to dance TAG 1; and after the 7th wall, TAG 2

[1-8]□SIDE, TOGETHER, CROSS, SIDE, ¼ TURN R, SIDE, CROSS, ¼ TURN L, ROCK BACK, TOUCH

1 Step RF to right (1)

2&3 Step LF next to RF (2); Cross RF over LF (&); Step LF to left (3)

4&5 ½ turn R and Step RF to right (4) (3:00); Cross LF over RF (&); Step RF to right (5)

6&7 ½ turn L and Rock back with LF (6) (12:00); Recover (&); Step LF forward (7)

8 Touch RF next to LF (8)

[9-16]□SIDE, SWEEP, CROSS, SIDE, CROSS, SWEEP, CROSS, ¾ TURN L, WALK x2 BACKWARDS, ¼ TURN L, SIDE STEP, TOGETHER, CROSS

9 Step RF to right and Sweep LF from back to front

10&11 Cross LF over RF (10); Step RF to right (&); Cross LF behind RF and Sweep RF from front to

back (11)

12&13 Cross RF behind LF (12); ¼ turn L and Step LF forward (&) (9:00); ½ turn L and Step RF

backwards (13) (3:00)

14&15 Step LF backwards (14); Step RF backwards (&); ¼ turn L and Step LF to left (15) (12:00)

16& Step RF next to LF (16); Cross LF over RF (&)

[17-24]□SIDE ROCK, FULL TURN L, SIDE ROCK, ½ TURN R, DIAGONAL FORWARD &SWEEP x3, MAMBO FWD

17 Rock RF to right

18&19 1/4 turn L and Recover weight on LF (18) (9:00); 3/4 turn L and Step RF next to LF (&) (12:00);

Rock LF to left (19)

1/8 turn R and Step RF forward and Sweep LF from back to front (21) (7:30)

22,23 Step LF forward and Sweep RF from back to front (22) (7:30); Step RF forward and Sweep

LF from back to front (23) (7:30)

24& Rock LF forward (24) (7:30); Recover weight on RF (&) (7:30)

[25-32]□1/8 TURN L, SIDE, CROSS ROCK, SIDE, CROSS ROCK, FULL TURN L, SIDE, SWAY

25 1/8 turn L and Step LF to left (25) (6:00)

26&27 Cross Rock RF over LF (26); Recover weight on LF (&); Step RF to right (27)

28&29 Cross Rock LF over RF (28); Recover weight on RF (&); ¼ turn L and Step LF forward (29)

(3:00)

30&31 Step RF forward (30); ½ turn L and Step RF forward (&) (9:00); ¼ turn L and Step RF to right

(31)(6:00)

32 Step LF to left and Sway your body to left (32)

START AGAIN AND HAVE FUN!!!!

TAG 1: after walls 3 and 6 Sway 2 times your body (R-L)

TAG 2: after wall 7

Sway 4 times your body (R-L-R-L)

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