My Heart



Count: 56 Wand: 2 Ebene: Intermediate

Choreograf/in: Chantal Gagnon

Musik: If My Heart Had Wings - Faith Hill



STEP, STEP, POINT, STEP BACK, TRIPLE STEP 1/2 TURN LEFT, STEP RIGHT, LEFT

1-2	Step right foot	forward, ster	left f	foot forward

3-4 Touch right toe behind left foot, step right foot back

5&6 Step left foot back in ¼ turn to left, right foot next to left, left foot next to right in ¼ turn to left

7-8 Step right foot forward, step left foot forward

POINT, STEP BACK, TRIPLE STEP ½ TURN LEFT, VINE RIGHT WITH KICKS LEFT

1-2 Touch right toe behind left foot, step right foot back

3&4 Step left foot back in ¼ turn to left, right foot next to left, left foot next to right in ¼ turn to left

5-6 Step right foot to right, cross left foot behind right

&7-8 Step right foot to right, kick left foot twice in 45 degrees angle to left

STEP, ½ MONTEREY TURN, VINE RIGHT WITH KICKS LEFT

Step left foot next to right, point right toe to right
½ turn right pivoting on left stepping right next to left

3-4 Point left toe to left, step left next to right

5-6 Step right foot to right, cross left foot behind right

&7-8 Step right foot to right, kick left foot twice in 45 degrees angle left

1/2 MONTEREY TURN, SHUFFLES FORWARD

Step left foot next to right, point right toe to right
½ turn right pivoting on left stepping right next to left
Point left toe to left, step left next to right

Step right forward, step left next to right, step right forward

Step left forward, step right next to left, step left forward

SAILOR SHUFFLES, KICK BALL CHANGE TWICE

1&2	Step right behind left, step left to left, step right to right
3&4	Step left behind right, step right to right, step left to left
5&6	Kick right foot forward, step right next to left, step left in place
7&8	Kick right foot forward, step right next to left, step left in place

ROCK STEP FORWARD, ½ TURN RIGHT (STEP-STEP), SAILOR SHUFFLES

1-2 Rock forward onto right, recover weight on left

3-4 ½ turn right pivoting on left stepping right next to left, left next to right

5&6 Step right behind left, step left to left, step right to right 7&8 Step left behind right, step right to right, step left to left

KICK BALL CHANGE TWICE, ROCK STEP FORWARD, STEP, STEP

1&2	Kick right foot forward, step right next to left, step left in place
3&4	Kick right foot forward, step right next to left, step left in place

5-6 Rock forward onto right, recover weight on left7-8 Step right next to left, step left next to right

REPEAT

