An Unhealthy Heart

Count: 32   **Wand:** 4   **Ebene:** Improver

Choreograf/in: Wendy Mager (USA) - April 2013

Musik: Mama's Broken Heart - Miranda Lambert

Intro: 16 counts

Charleston R fwd then L back, Shuffle R fwd, Shuffle L fwd

1-4	Touch R fwd, step R next to L, Touch L back, step L next to R
5&6	Step R fwd, step L together, step R fwd
7&8	Step L fwd, step R together, step L fwd

Side tap R 2x, R Behind-Side-Fwd , Side tap L 2x, L Behind-Side-Fwd

1-2	Touch R toe to the R side twice
3&4	Step R behind L, step L to L side, step R fwd
5-6	Touch L toe to the L side twice
7&8	Step L behind R, step R to R side, step L fwd

R Fwd Rock-Rec., 1/2 Turning Shuffle R, L Fwd Rock-Rec., L Coaster Step

1-2	Rock fwd on R, recover to L
3&4	Step R into 1/4 turn R, step L next to R, step R fwd into 1/4 turn R
5-6	Rock fwd on L, recover to R
7&8	Step L back, step R next to L, step L fwd

R Kick-Ball-Change, Jazz Box w/ 1/4 turn R, Touch R- Hold

1&2	Kick R foot fwd, step R next to L, step L in place next to R
3-6	Cross step R over L, 1/4 turn R as you step back on L, step R to R side, step L next to R
7-8	Touch R next to L, Hold

Tag: At the end of wall 3 (3:00) and wall 6 (6:00)

Rocking Chair R, Weave R w/R Side Rock-Cross, Weave L w/ L Side Rock-Step L

1-4	Rock fwd on R, recover to L, rock back on R, recover to L
5&6	Step R to R side, step L behind R, step R to R side
&7&8	Cross step L over R, rock R to R side, recover to L, cross step R over L
1&2	Step L to L side, step R behind L, step L to L side
&3&4	Cross step R over L, rock L to L side, recover to R, step L next to R

Restart: On Wall 7(6:00)
Do the first 24 counts but instead L coaster step, counts 23-24 - step L back, touch R next to L
then restart on the front wall(12:00)

To finish the dance on the front wall(12:00)
Start wall 9- instead of the 1/2turning shuffle, do a 1/4 turning shuffle (facing front wall)and
step L foot fwd when the music ends.

Dedicated to Lynn's Line Dancers

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