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| Heart in My Hand |  |

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| **Count:** | 32 | **Wall:** | 0 | **Level:** | Advanced NC2 | . |
| **Choreographer:** | Debbie Rushton (UK) - January 2016 |
| **Music:** | Over and over Again (feat. Ariana Grande) - Nathan Sykes |
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**Count In: 32 seconds**

**SIDE, BACK ROCK, 1/4 TURN ROCK 1/2 TURN 1/2 TURN SWEEP, BEHIND SIDE CROSS SWEEP, CROSS 1/4 TURN 1/2 TURN 1/2 TURN**

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| 1 2& | Step R to R side, Rock L behind R, Recover weight forward onto R |

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| 3&4 | Making 1/4 turn L rock forward on L, Making 1/2 turn R take weight forward onto R, Making 1/2 turn R step back on L and sweep R around from front to back (9 o clock) |

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| 5&6 | Cross R behind L, Step L to L side, Cross R over L and sweep L around from back to front |

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| 7&8& | Cross L over R, Make 1/4 turn L stepping back on R, Make 1/2 turn L stepping L forward, Make 1/2 turn L stepping R back (6 o clock) |

**BACK ROCK SPIRAL FULL TURN, RUN X3, CROSS ROCK SIDE, BACK ROCK 1/4 TURN 1/2 TURN**

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| 1&2 | Rock back on L, Recover forward onto R, Step L forward and spiral a full turn over R shoulder (weight stays on L) (6 o clock) |

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| 3&4 | Making ½ turn over your R shoulder, run round R, L R in a semi circle (12 o clock) |

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| 5&6 | Cross rock L over R, Recover weight back onto R, Take big step to L side |

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| 7&8& | Rock R behind L, Recover weight forward onto L, Make 1/4 turn R stepping R forward, Make 1/2 turn R stepping back on L (9 o clock) |

**1/2 TURN STEP SWEEP, CROSS SIDE BEHIND SWEEP, BEHIND 1/4 TURN STEP SWEEP, CROSS SIDE BACK ROCK 1/4 TURN 3/8 TURN**

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| 1 2& | Make 1/2 turn R stepping R forwards and sweeping L around from back to front, Cross L over R, Step R to R side (3 o clock) |

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| 3 4& | Cross L behind R and sweep R from front to back, Cross R behind L, Make 1/4 turn L stepping L Forward (12 o clock) |

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| 5 6& | Step R forward and sweep L around from back to front, Cross L over R, Step R to R side |

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| 7&8& | Rock L behind R, Recover weight forward onto R, Make 1/4 R stepping back on L, Make 3/8 turn R stepping R to R side (7 o clock) |

**WALK RUN RUN, STEP 1/2 TURN STEP, FULL TURN, SWEEP CROSS, FULL TURN FULL TURN**

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| 1 2& | Staying on the diagonal, Step forward on L, Run forward R, L (7 o clock) |

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| 3&4& | Step R forward, Pivot 1/2 turn L taking weight into L, Step R forward, Make 1/2 turn R stepping back on L (7 o clock) |

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| 5&6 | Make 1/2 turn R stepping R forward, Sweep L from back to front whilst making 1/8 turn R (squaring up to side wall), Cross L over R (3 o clock) |

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| 7&8& | Travelling to your R, Make 2 full turns over your R shoulder stepping R, L, R, L |

**RESTART: During the 3rd wall after counts 15& (back rock recover) do the following steps and then Restart the dance**

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| 16 & | Rock R out to R side, Recover weight onto L (&) (facing 6 o clock) |

**Contact: debmcwotzit@gmail.com**

**Last Update – 31st Jan. 2016**