|  |  |
| --- | --- |
| This Old Heart |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Graham Mitchell (SCO) - May 2016 |
| **Music:** | This Old Heart of Mine - The Contours : (Album: Motown soul 2 - iTunes) |
| . |

**Section1 (1-8) CROSS POINT, BACK POINT, BEHIND SIDE, CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1 -2 | Cross Right over Left, point Left toe to Left side |

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| --- | --- |
| 3-4 | Step back Left, point Right toe to Right side |

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| --- | --- |
| 5-6 | Step Right behind Left, step Left to left side |

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| --- | --- |
| 7&8 | Cross Right over Left, step Left to Left side, Cross Right over Left |

**Section 2 (1-8)SYNCOPATED ROCKS,JAZZ BOX ¼ RIGHT**

|  |  |
| --- | --- |
| 1-2 | Rock Left to Left side, Recover Right |

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| --- | --- |
| &3-4 | Step Left beside Right, Rock Right to Right side, Recover Left |

|  |  |
| --- | --- |
| 5-6 | Cross Right over Left, Step back Left making ¼ Right |

|  |  |
| --- | --- |
| 7-8 | Step Right to right side, Step Left beside Right |

**Section 3 (1-8) RIGHT & LEFT STEP LOCK STEP LOCK STEP**

|  |  |
| --- | --- |
| 1-2 | Step forward Right, Step Left behind Right |

|  |  |
| --- | --- |
| 3&4 | Step forward Right, lock left behind right, Step forward Right |

|  |  |
| --- | --- |
| 5-6 | Step forward Left, Step Right behind Left |

|  |  |
| --- | --- |
| 7&8 | Step forward Left, Lock Right behind Left, Step forward Left |

**Section 4 (1-8) STEP ½ TURN, SHUFFLE, FULL TURN, SHUFFLE**

|  |  |
| --- | --- |
| 1-2 | Step forward Right, pivot ½ turn left |

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| --- | --- |
| 3&4 | Step forward Right, close Left beside Right, step forward Right |

|  |  |
| --- | --- |
| 5-6 | Step forward Left making ½ turn right, Step forward Right, making ½ turn right |

|  |  |
| --- | --- |
| 7&8 | Step forward Left, close Right beside Left, step forward Left |