|  |  |
| --- | --- |
| Free Heart |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Chatti the Valley (ES) - March 2018 | | | | |
| **Music:** | If Your Heart Ain't Busy Tonight - Tanya Tucker | | | | |
| . | | | | | | |

**Intro: 16 counts - Bpm: 200**

**[1-8]: Right & Left Diagonal SHUFFLES, HOLD.**

|  |  |
| --- | --- |
| 1 | Step right forward diagonal right |

|  |  |
| --- | --- |
| 2 | Step left forward, lock behind right foot |

|  |  |
| --- | --- |
| 3 | Step right forward diagonal right |

|  |  |
| --- | --- |
| 4 | Hold |

|  |  |
| --- | --- |
| 5 | Step left forward diagonal left |

|  |  |
| --- | --- |
| 6 | Step right forward, lock behind left foot |

|  |  |
| --- | --- |
| 7 | Step left forward diagonal left |

|  |  |
| --- | --- |
| 8 | Hold |

**[9-16]: Right MAMBO ROCK, HOLD, L-R-L Back WALK, HOLD.**

|  |  |
| --- | --- |
| 1 | Step right forward |

|  |  |
| --- | --- |
| 2 | Recover weight on left foot |

|  |  |
| --- | --- |
| 3 | Step right back |

|  |  |
| --- | --- |
| 4 | Hold |

|  |  |
| --- | --- |
| 5 | Step left back |

|  |  |
| --- | --- |
| 6 | Step right back |

|  |  |
| --- | --- |
| 7 | Step left back |

|  |  |
| --- | --- |
| 8 | Hold |

**[17-24]: Right COASTER STEP, HOLD, Left MAMBO CROSS ¼ TURN, HOLD.**

|  |  |
| --- | --- |
| 1 | Step right back |

|  |  |
| --- | --- |
| 2 | Step left back, beside right foot |

|  |  |
| --- | --- |
| 3 | Step right forward |

|  |  |
| --- | --- |
| 4 | Hold |

|  |  |
| --- | --- |
| 5 | Step left forward |

|  |  |
| --- | --- |
| 6 | ¼ turn right, weight on right foot (3:00) |

|  |  |
| --- | --- |
| 7 | Cross left over right |

|  |  |
| --- | --- |
| 8 | Hold |

**[25-32]: Right SIDE, Left TOE-HEEL SWIVEL, HOLD Left COASTER STEP, HOLD.**

|  |  |
| --- | --- |
| 1 | Step right to right side |

|  |  |
| --- | --- |
| 2 | Touch left toe beside right foot, bending knee over right leg |

|  |  |
| --- | --- |
| 3 | Touch left heel beside right foot, bending knee out |

|  |  |
| --- | --- |
| 4 | Hold |

|  |  |
| --- | --- |
| 5 | Step left back |

|  |  |
| --- | --- |
| 6 | Step right back, beside left foot |

|  |  |
| --- | --- |
| 7 | Step left forward |

|  |  |
| --- | --- |
| 8 | Hold |

**START AGAIN**

**RESTARTS: During walls 1,8 i 12, dance until count 24 and start again from the beginning.**

**(you are facing at 3:00 and 12:00 Bis )**

**Contact: nupican@hotmail.com**