|  |  |
| --- | --- |
| In My Heart |  |

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| . | | | | | | |
| **Count:** | 0 | **Wall:** | 4 | **Level:** | Intermediate social cha | . |
| **Choreographer:** | Gordon Timms (UK) | | | | |
| **Music:** | A Place In My Heart - Liz Abella | | | | |
| . | | | | | | |

**Sequence: AAB, AAAB, AAAB, AA**

**PART A**

**ROCK AND RECOVER, BASIC CHA-CHA STEP, ROCK AND RECOVER, BASIC CHA-CHA STEP**

|  |  |
| --- | --- |
| 1-2 | Rock forward on the left, recover back on to right |

|  |  |
| --- | --- |
| 3&4 | Basic cha-cha steps moving slightly backwards, step left right left with hips please! |

|  |  |
| --- | --- |
| 5-6 | Rock back on the right, recover back on to left |

|  |  |
| --- | --- |
| 7&8 | Basic cha-cha steps moving slightly forward, step right left right with hips please! (12:00) |

**STEP HALF TURN RIGHT, TURN HALF RIGHT TURNING SHUFFLE, ROCK AND RECOVER, KICK BALL POINT.**

|  |  |
| --- | --- |
| 1-2 | Step forward on the left, pivot half turn right |

|  |  |
| --- | --- |
| 3&4 | Turning half turn right again with a left shuffle slightly backwards |

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| --- | --- |
| 5-6 | Rock back on the right foot, recover on to left |

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| --- | --- |
| 7&8 | Low kick forward with right foot, (toe points down) replace weight on right, point left to left side. (12:00) |

**POINT TOUCHES, KICK BALL POINT, KNEE POPS, QUARTER TURN RIGHT, COASTER STEP.**

|  |  |
| --- | --- |
| 1-2 | Touch point left in front of right, touch point left to left side |

|  |  |
| --- | --- |
| 3&4 | Low kick forward with left foot, (toe points down) replace weight on left, point right to right side. 5 - 6 pop right knee in towards left for (5) pop knee out & on balls of both feet swivel ¼ turn right for (6) |

|  |  |
| --- | --- |
| 7&8 | Follow through with a right coaster step, right-left-right (3:00) |

**STEP PIVOT HALF TURN RIGHT, LEFT FORWARD SHUFFLE, ROCK AND RECOVER, BASIC CHA-CHA STEP**

|  |  |
| --- | --- |
| 1-2 | Step forward on left pivot half turn right |

|  |  |
| --- | --- |
| 3&4 | Left forward shuffle, left-right-left |

|  |  |
| --- | --- |
| 5-6 | Rock forward on the right, recover weight back to the left |

|  |  |
| --- | --- |
| 7&8 | Basic cha-cha moving slightly to the right, step right left right with hips please! (9:00) |

**PART B**

**LONG STEP LEFT, HOLD, EXTENDED LEFT CHASSÉ, CROSS ROCK, STEP AND TOUCH**

|  |  |
| --- | --- |
| 1-2 | Step long step to the left hold for one count |

|  |  |
| --- | --- |
| 3&4& | Extended left chassé stepping - right, left, right, left |

|  |  |
| --- | --- |
| 5-6 | Cross rock right over left, recover weight on to the left |

|  |  |
| --- | --- |
| 7-8 | Step right to right side step left next to right. (weight on left) (6:00) |

**LONG STEP RIGHT, HOLD, EXTENDED RIGHT CHASSÉ, CROSS ROCK, STEP AND TOUCH**

|  |  |
| --- | --- |
| 1-2 | Step long step to the right hold for one count |

|  |  |
| --- | --- |
| 3&4& | Extended right chassé stepping - left, right, left, right |

|  |  |
| --- | --- |
| 5-6 | Cross rock left over right, recover weight on to the right |

|  |  |
| --- | --- |
| 7-8 | Step left to left side step right next to left. (weight on right) (6:00) |

**BRIDGE**

**To be added to Part A on walls 3:00 (first visit), then at 6:00, 3:00, 9:00 at the second visit**

|  |  |
| --- | --- |
| 1-2 | Step left to left side, step touch right next to left |

|  |  |
| --- | --- |
| 3&4 | Step right to right, close left to right, step right. (right chassé) |

**FINISH**

**You will finish the dance on the 6:00 wall. To face the front, do the first two counts of the bridge and then replace the right chassé with a half turn right sailor step**