|  |  |
| --- | --- |
| Swingin' Heart |  |

.

|  |
| --- |
| . |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Novice - smooth WCS | . |
| **Choreographer:** | Josefin Blomkvist (SWE) - October 2013 |
| **Music:** | Super Duper Love - Joss Stone |
| . |

**FORWARD, ROCK, CROSS, SIDE, TRIPLE TURN ¾, STEP-TURN ½**

|  |  |
| --- | --- |
| 1 | RF step forward |

|  |  |
| --- | --- |
| 2 | LF step forward |

|  |  |
| --- | --- |
| & | RF rock to side |

|  |  |
| --- | --- |
| 3 | LF recover |

|  |  |
| --- | --- |
| 4 | RF cross over L |

|  |  |
| --- | --- |
| 5 | LF step to side |

|  |  |
| --- | --- |
| 6 | RF turn ½ to R and step to R side |

|  |  |
| --- | --- |
| & | LF turn ¼ to R and step forward |

|  |  |
| --- | --- |
| 7 | RF step forward |

|  |  |
| --- | --- |
| 8 | LF turn ½ to L and put weight on LF |

**TOE STRUT WITH ½ TURN x2, FORWARD, STEP-TURN ½, FORWARD, TURN ¾**

|  |  |
| --- | --- |
| 9 | RF turn ¼ to L and touch R toe to R side |

|  |  |
| --- | --- |
| 10 | RF turn ¼ to L and step down |

|  |  |
| --- | --- |
| 11 | LF turn ¼ to L and touch L toe to L side |

|  |  |
| --- | --- |
| 12 | LF turn ¼ to L and step down |

|  |  |
| --- | --- |
| 13 | RF step forward |

|  |  |
| --- | --- |
| 14 | LF step forward |

|  |  |
| --- | --- |
| & | RF turn ½ turn to R and put weight on R |

|  |  |
| --- | --- |
| 15 | LF step forward |

|  |  |
| --- | --- |
| 16 | RF close beside L and turn ¾ to L (face 12 o’clock) |

**SIDE, SLIDE, SAILOR, WAVE, ¼ TURN, ROCK-STEP BACK**

|  |  |
| --- | --- |
| 17 | LF step to side |

|  |  |
| --- | --- |
| 18 | RF slide towards L |

|  |  |
| --- | --- |
| 19 | RF cross behind L |

|  |  |
| --- | --- |
| & | LF step to side |

|  |  |
| --- | --- |
| 20 | RF step to side |

|  |  |
| --- | --- |
| 21 | LF cross behind R |

|  |  |
| --- | --- |
| & | RF turn ¼ to R and step forward |

|  |  |
| --- | --- |
| 22 | LF step forward |

|  |  |
| --- | --- |
| 23 | RF rock forward |

|  |  |
| --- | --- |
| & | LF recover |

|  |  |
| --- | --- |
| 24 | RF step back |

**DIAGONALLY BACK WITH HEEL TWIST, TOUCH, TURN ½, WIZARD, WIZARD WITH ¼ TURN**

|  |  |
| --- | --- |
| 25 | LF step diagonally back to L and grind right heel |

|  |  |
| --- | --- |
| 26 | RF step diagonally back to R and grind left heel |

|  |  |
| --- | --- |
| 27 | LF touch back |

|  |  |
| --- | --- |
| 28 | LF turn ½ to L and put weight on L |

|  |  |
| --- | --- |
| 29 | RF step to R diagonally (11:30) |

|  |  |
| --- | --- |
| 30 | LF cross behind R |

|  |  |
| --- | --- |
| & | RF step to R diagonally |

|  |  |
| --- | --- |
| 31 | LF step to L diagonally (7:30) |

|  |  |
| --- | --- |
| 32 | RF cross behind L |

|  |  |
| --- | --- |
| & | LF turn ¼ to L and step forward |

**Contact: jossan@btll.se**