The Heart Dance

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2020
Music: Heart - Alan Connor

Start after 32 count intro – approx. 16 secs – 3mins 50secs – 131bpm
Music Available: Amazon; ITunes Thank you to Alan Connor for recommending the song
http://www.facebook.com/alanconnorofficial/

[1-8] R kick ball point, L cross point, L weave with ¼ L

1&2	Kick R forward, step R together, point L side
3-4	Cross step L over R, point R side
5-8	Cross step R over L, step L side, cross step R behind L, turning ¼ left step L forward (9 o'clock)

[9-16] R fwd, ¾ L pivot, R side, cross step L over R, R side rock/recover, cross R over L, L tog

1-2	Step R forward, pivot ¾ left (12 o'clock)
3-4	Step R side, cross step L over R
5-8	Rock R to right side, recover weight on L, cross step R over L, step L together**Restart point

WALL 3 & 6 RESTART: During walls 3 & 6 dance first 16 and restart

[17-24] R kick ball cross, ¼ R Monterey turn, R point close

1&2	Kick R forward, step R back, cross step L over R
3-6	Point R side, turning ¼ right step R together, point L side, step L together (3 o'clock)
7-8	Point R side, step R together

[25-32] L fwd, ¼ R pivot turn, L cross shuffle, R diagonal rocking chair

1-2	Step L forward, pivot ¼ right (6 o'clock)
3&4	Cross step L over R, step R side, cross step L over R
5-8	Turning to R back diagonal rock R forward, recover weight on L, rock R back, recover weight on L (7:30)**Bridge point

WALL 4 BRIDGE: During wall 4 dance first 32 counts, and then repeat counts 28-32 as a BRIDGE and continue dancing from count 33
WALL 7 BRIDGE: Same Bridge as above BUT……add 4 more counts: STOMP R FWD and hold for 3 counts shifting weight to L, and continue dancing from count 33

[33-40] (Facing 7:30) R heel grind (heart hands/arms), R coaster, L fwd rock/recover, ½ L shuffle

1-2	With weight on L grind R heel from L to R (making heart hands/arms)
3&4	Step R back, step L together, step R forward
5-6	Rock L forward, recover weight on R
7&8	Turning ½ left step L forward, step R together, step L forward (1:30)

Optional Hand movements 33-34: Either make a heart sign with your fingers using both hands at chest level or touch your heart with both hands sweeping them forward & out or you can make a heart shape with your hands arms & push them up & out into the air

[41-48] R heel grind (heart hands/arms), R coaster, L fwd rock/recover, ⅜ L shuffle forward

1-2	With weight on L grind R heel from L to R (making heart hands/arms)
3&4	Step R back, step L together, step R forward
5-6	Rock L forward, recover weight on R
7&8	Turning ⅜ left step L forward, step R together, step L forward (angling body slightly left) (9 o'clock)

Optional Hand movements as above on counts 41-42

[49-56] L weave 2, R sailor heel, R back, L rocking chair

1-2	Cross step R over L, step L side
3&4	Cross step R behind L, step L side, touch R heel forward
&5-8	Step R back, on right diagonal rock L forward, recover weight on R, rock L back, recover weight on R (10:30)

[57-64] (Squaring up to 9:00) R weave 2, ¼ L toaster, full L turn fwd, R fwd, L tog (or execute another full turn on counts 63-64)

1-2	(Squaring up to 9 o'clock) cross step L over R, step R side
3&4	Turning ¼ left step L back, step R together, step L forward (6 o'clock)
5-6	Turning ½ left step R back, turning ½ left step L forward (6 o'clock)
7-8	Step R forward, step L together

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