My Heart Starts Dancing



Count: 32 Wall: 4 Level: Intermediate NC

Choreographer: Tomas Ängshed (SWE) - December 2021

Music: I Love You More - Avery Anna



Intro: after 16 counts

[1 - 9] Step fwd with sweep, cross, side, back with sweep, behind, ½ L, prissy walks RL, rock fwd, recover, ¾ R. ½ R. ¼ R

1 2&3 Step RF fwd sweep LF, cross LF over RF, step RF to side, step LF back sweep RF

4& Cross RF behind LF, turn 1/8 L step LF fwd to L diagonal (10.30)

Walk RF fwd and slightly in front of LF, walk LF fwd and slightly in front of RF

7 & Rock RF over LF, recover to RF

8 & 1 Turn % R step RF fwd (3.00), turn ½ R step LF back (9.00), turn ¼ R step RF to side (12.00)

Restart here on wall 4

[10-17] Cross, ¼ L, side, ball, step fwd, walk, rocking chair, ½ R with sweep

Cross LF over RF, make a ¼ hinge turn L stepping RF to side (9.00)
Step LF to side, step RF next to LF, step LF fwd, step RF fwd
Rock LF fwd, recover to RF, rock LF back, recover to RF

1 Turn ½ R step LF back sweep RF back (3.00)

[18-25] Rock back, recover, ¾ L, side, cross, L basic, scissor step, ball, cross with sweep

2 & 3 Rock RF back, recover to LF, step RF fwd, spiral turn ³/₄ L (6.00)

4 & Step LF to side, cross RF over LF

5 6 & Step LF to side (big step), step RF behind LF, cross LF over RF

7& Step RF to side, step LF next to RF

8 & 1 Cross RF over LF, step LF next to RF Cross RF over LF sweep LF

Restart here on wall 5

[26-32] Cross, ¾ L, walk x3, back, ¼ L lunge, ¼ R, ball

2 3 Cross LF over RF, step RF to side and make ¾ spiral turn L (9.00)

4 & 5Step LF fwd, step RF fwd, step LF fwd hitch RF6 7Step RF back, turn ¼ L rock LF to side (6.00)

8 & Recover to RF while turning ¼ R (9.00), step LF next to RF

(Turning option: recover to RF while turning ¼ R (9.00), step LF fwd and make a full spiral turn to R)

Contact: sprallemannen@gmail.com