

One Heart

Count: 32

Wall: 4

Level: Improver

Choreographer: Stephen Sunter (UK)

Music: One Heart At A Time



FORWARD TOUCH, SHUFFLE BACK, SHUFFLE BACK, ROCK BACK, ROCK FORWARD

- 1-2 Step left forward at a diagonal to the right (1:00), touch right toe behind left heel
- 3&4 Staying on the diagonal facing 1:00, shuffle back right, left, right
- 5&6 Staying on the diagonal facing 1:00, shuffle back left, right, left
- 7-8 Straighten up to face the 3:00 wall and rock back on right, replace weight to left

FORWARD TOUCH, SHUFFLE BACK, SHUFFLE BACK, ROCK BACK, ROCK FORWARD

- 9-10 Step right forward (3:00 wall), touch left toe behind right heel
- 11&12 Shuffle back left, right, left
- 13&14 Shuffle back right, left, right
- 15-16 Rock back on left, replace weight to right

STEP LEFT, PIVOT ½ RIGHT, ½ SHUFFLE RIGHT, ROCK FORWARD, ROCK BACK, COASTER STEP

- 17-18 Step forward left, pivot ½ turn right, (keep weight on left)
- 19&20 Make ½ turn right on right, left, right
- 21-22 Rock forward on left, rock weight back onto right
- 23&24 Step back on left, right next to left, step forward left

BRUSH RIGHT, CROSS RIGHT OVER LEFT, TOUCH RIGHT TOE, UNWIND ½, HIP BUMPS

- 25-26 Brush right next to left, hook right in front of left
- 27-28 Touch right toe next to left foot (legs should be crossed), unwind ½ turn left
- 29-30 Bump hips forward twice
- 31-32 Bump hips back twice
- & Place weight onto right foot

REPEAT
