

Tender Heart

Count: 56

Wall: 1

Level: Intermediate

Choreographer: Alison J. Austerberry (UK)

Music: Tender Heart - Lionel Richie



CROSS ROCK, CHASSE RIGHT, CROSS $\frac{3}{4}$ UNWIND RIGHT, SHUFFLE FORWARD

- 1-2 Cross rock right over left, rock back onto left
- 3&4 Step right to right side, close left beside right, step right to right side
- 5-6 Cross left over right, unwind $\frac{3}{4}$ turn right
- 7&8 Step forward left, close right beside left, step forward left

FORWARD ROCK, COASTER STEP, STEP $\frac{1}{2}$ PIVOT RIGHT TWICE

- 9-10 Rock forward on right, rock back onto left
- 11&12 Step back right, step left beside right, step forward right
- 13-14 Step forward left, pivot $\frac{1}{2}$ turn right
- 15-16 Step forward left, pivot $\frac{1}{2}$ turn right

CROSS ROCK, CHASSE LEFT, CROSS $\frac{3}{4}$ UNWIND LEFT, SHUFFLE FORWARD

- 17-18 Cross rock left forward over right, rock back onto right
- 19&20 Step left to left side, step right beside left, step left to left side
- 21-22 Cross right over left, unwind $\frac{3}{4}$ turn left
- 23&24 Step forward right, close left beside right, step forward right

FORWARD ROCK, COASTER STEP, STEP $\frac{1}{2}$ PIVOT LEFT TWICE

- 25-26 Rock forward on left, rock back onto right
- 27&28 Step back left, step right beside left, step forward left
- 29-30 Step forward right, pivot $\frac{1}{2}$ turn left
- 31-32 Step forward right, pivot $\frac{1}{2}$ turn left

RIGHT & LEFT STEP SLIDES FORWARD

- 33-34 Slide right slightly forward to right, slide left beside right (no weight)
- 35-36 Slide left slightly forward to left, slide right beside left (no weight)
- 37-38 Slide right slightly forward to right, slide left beside right (no weight)
- 39-40 Slide left slightly forward to left, slide right beside left (no weight)

MAMBO ROCKS FORWARD & BACK, STEP $\frac{1}{2}$ PIVOT, RIGHT SHUFFLE

- 41&42 Rock forward on right, rock back onto left, step back right
- 43&44 Rock back on left, rock forward onto right, step forward left
- 45-46 Step forward right, pivot $\frac{1}{2}$ turn left
- 47&48 Step forward right, close left beside right, step forward right

MAMBO ROCKS FORWARD & BACK, STEP $\frac{1}{2}$ PIVOT, LEFT SHUFFLE

- 49&50 Rock forward on left, rock back onto right, step back left
- 51&52 Rock back on right, rock forward onto left, step forward right
- 53-54 Step forward left, pivot $\frac{1}{2}$ turn right
- 55&56 Step forward left, close right beside left, step forward left

REPEAT