

# Tender Heart

**COPPER** KNOB  
STEPSHEETS

Count: 56

Wall: 4

Level: Intermediate

Choreographer: Pauline Hayward

Music: Tender Heart - Lionel Richie



## **SLOW RUMBA SLIDE, CROSS ROCK, RIGHT AND LEFT**

- 1-4 Step right to side slide left slowly to right cross over left rock back right  
5-8 Step left to side slide right slowly to left cross over right rock back left

## **GRAPEVINE ¼ TURN, SHUFFLE, ½ PIVOT, FULL-TURN, LOCK STEP**

- 1-4 Step right to side, cross left behind right, step forward right making ¼ turn right, close left to right, step forward right  
5-8 Step left forward ½ pivot to right, make full turn right, stepping left & right  
9-12 Step left forward lock right behind left step forward left touch right next to left

## **ROLL HIPS, STEP FORWARD, STEP BACK WITH SLIDE**

- 1-4 Step right to side roll hips right left right left  
5-8 Step forward right slide left to right step left & right  
9-12 Step back left, body angle left, bring right to left with long slide, step right & left

## **RONDE RIGHT, ¼ TURN, RONDE LEFT, GRAPEVINE RIGHT, TOE TOUCHES, ¼ TURN**

- 1-4 Step forward right, making ¼ turn left, raise left off floor, cross left behind right, step right  
5-8 Step left to side, raise right off floor, cross right behind left, step left  
9-12 Step right to side, cross left behind right step right to right side touch left next to right  
13-16 Point left to side, touch left next to right, step left forward making ¼ left, touch right next to left

## **ROCK FORWARD AND BACK, WITH ¼ TURN, TOE TOUCHES**

- 1-4 Rock right forward, rock back onto left, step right next to left, touch left beside right  
5-8 Rock left back, making ¼ turn right, rock forward right, step left next to right touch right beside left

## **REPEAT**

## **TAG**

Repeat Section 5 after 2nd, 4th & 7th repetitions

5th repetition, dance counts 1-32 only

6th repetition, add 4 rolling hips right-left-right-left