

# Follow My Heart

Count: 0

Wall: 4

Level: Intermediate

Choreographer: Annette Skaff (CAN) & Barbara R. K. Wallace (CAN)

Music: One Heart - Céline Dion



Sequence: AAB AAB A(tag) B B(to end)

## PART A

**WALK FORWARD RIGHT AND LEFT, RIGHT AND LEFT HEEL SWITCHES, RIGHT TOE SIDE AND HOLD, ½ TURN RIGHT AND LEFT TOE SIDE AND HOLD**

- 1-2 Walk forward right, walk forward left
- 3&4& Right heel forward, place weight on right foot, left heel forward, place weight on left foot
- 5-6 Touch right toe to right side and hold for one beat
- &7-8 Make a ½ turn to the right stepping on the right foot, touch the left toe to the left side, and hold for one beat

**LEFT SAILOR SHUFFLE, RIGHT SAILOR SHUFFLE, STEP SIDE LEFT, SLIDE RIGHT FOOT IN, RIGHT KNEE SWING**

- 9&10 Step left behind right, step right foot to right, step left in place
- 11&12 Step right behind left, step left foot to left, step right in place
- 13-14 Step left foot to side, slide right foot in to meet left foot
- 15-16 Swing the right knee out to the right and return (ball of the right toe remains on the floor)

**SHUFFLE FORWARD, HALF TURNING SHUFFLE RIGHT, ROCK BACK RECOVER, ROCK FORWARD RECOVER**

- 17&18 Shuffle forward right, left, right
- 19&20 Shuffle left, right, left as you make a half turn to the right
- 21-22 Rock back right, recover left
- 23-24 Rock forward right, recover left

**ROCK SIDE RIGHT RECOVER AND CROSS SHUFFLE RIGHT, ROCK SIDE LEFT RECOVER WITH ¼ TURN RIGHT AND SHUFFLE**

- 25-26 Rock side right, recover left
- 27&28 Cross the right over the left, step in place with the left, cross the right over the left
- 29-30 Rock side left, recover right making a ¼ turn right
- 31&32 Shuffle left, right, left

## PART B

**VINE FOUR RIGHT, QUARTER SHUFFLE RIGHT, PIVOT RIGHT**

- 1-4 Step side right, left foot behind, step side right, cross the left in front of the right foot
- &5&6 Make a ¼ turn to the right, shuffle forward right, left, right
- 7-8 Step forward on the left foot and pivot to the right (weight is on the right foot)

**VINE FOUR LEFT, QUARTER SHUFFLE LEFT, PIVOT LEFT**

- 9-12 Step side left, right foot behind, step side left, cross the right in front of the left foot
- &13&14 Make a ¼ turn to the left, shuffle forward left, right, left
- 15-16 Step forward on the right foot and pivot to the left (weight is on the left foot)

**HUSTLE FORWARD, WALK BACK LEFT AND RIGHT, LEFT COASTER STEP BACK**

- 17-20 Walk forward right, left, right and kick the left foot forward
- 21-22 Walk back left, walk back right
- 23&24 Step back on the left, step together with the right, step forward on the left foot

25-48 Repeat counts 1-24 of Part B

**RIGHT JAZZ BOX WITH ¼ TURN RIGHT, CROSS RIGHT STEP BACK LEFT, HIP SWAYS RIGHT AND LEFT**

49-52 Cross right over left, step back on the left, make a ¼ turn to the right as you step side right, step together with the left foot

53-54 Cross right over left, step back on the left

55-56 Step side right as you sway your hips to the right, sway hips to the left

**TAG**

Step touch right, step touch left (4 counts). You will be facing the 9:00 wall. Tag occurs after the 5th time Part A is danced

**THE "FINAL TOUCH"**

(optional) You will end the dance facing front in the middle of the "B" pattern with a left coaster step. Step side right and place right hand to your heart, left hand to your heart and bow the head.

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