

Be Still My Heart

Count: 32

Wall: 2

Level: Improver

Choreographer: EmCee (UK)

Music: Be Still My Heart - Silje Nergaard



TOE STRUT, TURNING SHUFFLE, TURNING SHUFFLE, STEP SWEEP

- 1-2 Touch right toe forward, step heel down
- 3&4 $\frac{1}{4}$ turn right step left to left side, step right in place, step left slightly forward
- 5&6 Step forward on right, $\frac{1}{2}$ turn left step left in place, step forward on right
- 7-8 Step forward on left, $\frac{1}{2}$ turn right swivel on ball of left sweeping right out and round behind left

COASTER, SCISSOR, HALF TURN, BEHIND SIDE BEHIND

- 1&2 Step on right, step left next to right, step right forward
- 3&4 Rock out onto left, recover weight onto right, cross left in front of right
- 5-6 $\frac{1}{4}$ turn right step forward onto right, $\frac{1}{4}$ turn right step onto left
- 7&8 Step right behind left, step left to left side, step right behind left

Alternative for intermediate

- 5-6 Full turn right
- 7&8 $\frac{1}{2}$ turn shuffle right (facing correct wall for the next rock recover)

TURN ROCK RECOVER, SHUFFLE BACK, SHUFFLE BACK, ROCK RECOVER

- 1-2 $\frac{1}{4}$ turn left rock forward on left, recover on right
- 3&4 Step back on left, step right back next to left, step left back
- 5&6 Step back on right, step left back next to right, step back on right
- 7-8 Step left back, rock forward onto right

ROCK RECOVER, SHUFFLE BACK, ROCK RECOVER, KICK BALL CHANGE

- 1-2 Step forward on left, recover weight back onto right
- 3&4 Step back on left, step right back next to left, step left back
- 5-6 Step back onto right, recover weight onto left
- 7&8 Kick right forward, step ball of right in place, step left in place

REPEAT
