

# Deep In My Heart

Count: 48

Wall: 2

Level: High Beginner

Choreographer: Lene Mainz Pedersen (DK) & Inge Vestergård (DK) - March 2014

Music: Knee Deep In My Heart - Shane Filan



There is an 8 count intro – start on Lyrics

## Point & Point &, Cross ¼ Turn R, Coaster Step, Walk, Walk

- 1&2& Point R toe across left, Step R next to L, Point L toe across R, Step L next to R  
3-4 Cross R over L, make 1/4 turn R stepping L back ( 3.00)  
5&6 Step R back, Step L beside R, step R forward  
7-8 Walk L, Walk R

## Mambo Fwd, Mambo Back, Heelswitches x2, Point & Point &

- 1&2 Rock forward on L, recover weight onto R, step L next to R  
3&4 Rock back on R, recover weight onto L, step R next to L  
5&6& Touch L heel forward, step L next to R, touch R heel forward, step R next to L (\*\* Ending on Wall 7)  
7&8& Point L to side, Step L next to R, Point R to side, Step R next to L

## Side Step, Chasse ¼ turn L, Rock Step, Coaster Step

- 1-2 Step L to side, Step R next to L  
3&4 Step L to side, Step R beside L, ¼ turn L stepping L forward (12.00)  
5-6 Rock forward on R, Recover on L  
7&8 Step R back, Step L beside R, step R forward

## Charleston Step x 4

- 1-4 Step L forward, point R forward, Step R back, Touch L back  
5-8 Step L forward, point R forward, Step R back, Touch L back (\* Tag and restart Wall 5)

## Walk x 4 In A ½ Circle L, Step Lock Step, Side Rock

- 1-4 Make a ½ circle L walking L – R – L – R (6.00)  
5&6 Step forward on L, Lock R behind L, Step forward on L  
7-8 Rock R to R side, Recover on L

## Behind Side Cross, Side Rock Recover, Behind Side Cross, Side Rock Recover

- 1&2 Cross R behind L, Step L to side, Cross R in front of L  
3-4 Rock L to L side, Recover on R  
5&6 Cross L behind R, Step R to side, Cross L in front of R  
7-8 Rock R to R side, Recover on L

## \*Tag & Restart

### Tag and Restart Happens On Wall 5 facing 12 o'clock After Charleston Step

- 1-2 Step L to side, step R next to L  
3-4 Step L to side, Touch R next to L

\*\* Ending: There is a small ending on Wall 7 facing 9 o'clock after Heel Switches:  
Step forward on L and make a ¼ turn R stepping forward on R facing 12 o'clock.

Contact: [inge.vestergaard@mail.dk](mailto:inge.vestergaard@mail.dk)