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| Deep Inside My Heart |  |

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| **Compte:** | 32 | **Mur:** | 4 | **Niveau:** | Improver + | . |
| **Chorégraphe:** | Martine Canonne (FR) & Chrystel DURAND (FR) - March 2019 | | | | |
| **Musique:** | Deep Inside My Heart - Mark Wayne Glasmire : (Album: Can't Be Denied) | | | | |
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**Start : 2x8 counts - No Tag No Restart**

**S 1 - TRIPLE FORWARD, KICK BALL STEP, MAMBO 1/2 TURN, PIVOT 1/2 TURN, PIVOT 1/4 TURN**

|  |  |
| --- | --- |
| 1&2 | Step RF forward, step LF next to RF, step RF forward |

|  |  |
| --- | --- |
| 3&4 | Kick LF forward, step LF next to RF, step RF forward |

|  |  |
| --- | --- |
| 5&6 | Step LF forward, recover onto RF, turn ½ left stepping LF forward (06:00) |

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| --- | --- |
| 7-8 | Turn ½ left stepping back RF, turn ¼ left stepping LF to left side (09:00) |

**Option easy : counts 5 to 8 : Mambo LF (5&6), back RF (7), turn ¼ left stepping LF to left side (8)**

**S 2 - WEAVE, CROSS ROCK, 1/4 TURN AND TRIPLE FWD, STEP FORWARD, PIVOT 1/2 TURN**

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| --- | --- |
| 1&2& | Cross RF over LF, step LF to left side, cross RF behind LF, step LF to left side |

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| --- | --- |
| 3-4 | Cross RF over LF, recover onto LF |

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| --- | --- |
| 5&6 | Turn ¼ right stepping RF forward, step LF next to RF, step RF forward (12:00) |

|  |  |
| --- | --- |
| 7-8 | Step LF forward, turn ½ left stepping back RF (06:00) |

**S 3 - SWEEP SAILOR L, SAILOR ¼ R, VAUDEVILLE, ½ TURN R**

|  |  |
| --- | --- |
| 1&2 | Cross LF behind RF with sweep LF, step RF to right side, step LF to left side |

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| --- | --- |
| 3&4 | Cross RF behind LF, turn ¼ right stepping LF to left side, step RF to right side (NOTA : open your body to right diagonal) (09:00) |

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| --- | --- |
| 5&6&7 | Cross LF over RF, step RF to right side, touch left heel diagonal left, step LF next to RF, cross RF over LF |

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| 8 | Turn ½ left and keep weight on RF (03:00) |

**S 4 - COASTER STEP, GALLOP 1/2 TURN R, OUT-OUT, APPLE JACK (OR HEELS FAN)**

|  |  |
| --- | --- |
| 1&2 | Step LF back, step RF next to LF, step LF forward |

|  |  |
| --- | --- |
| 3&4& | Make ½ circle right stepping RF forward, step LF next to RF, step RF forward, step LF next to RF |

|  |  |
| --- | --- |
| 5-6 | Step RF to right side, step LF to left side |

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| --- | --- |
| 7&8& | Rotate right heel and left toe to the left, back to the center rotate right toe and left heel to the right, back to the center |

**Option easy : counts 7&8&: Heel fan RF, back to the center, heel fan LF, back to the center**

**FINAL : Start S4 et change "GALLOP" with turn ¼ right for finish 12:00**