

My Heart

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphie: Kate Simpkin (AUS) & Melissa Foong (AUS) - May 2019

Musique: "So Long" by Diplo



Introduction: 8 Beats. There is No Tag And Restart. Dance starts with weight on left.

S1: CROSS SIDE, SAILOR STEP, CROSS 1/4L SIDE, 1/2L SHUFFLE FORWARD

- 1, 2 Step R Toe Across In Front Of Left, Step L To Side
- 3 & 4 Step R Behind Left, Step L To The Side, Step R To The Side
- 5, 6 Step L Across In Front Of Right, Turn 1/4 L Step R Back
- 7 & 8 Turning 1/2L Step L Forward, Step R Together, Step L Forward (3:00)

S2: FORWARD ROCK, 1/2R SHUFFLE BACK, 1/2R SHUFFLE BACK, BACK ROCK

- 1, 2 Step R Forward, Rock Back To L
- 3 & 4 Turning 1/4R Step R Forward, Turning 1/4R Step Together, Step R Forward
- 5 & 6 Turning 1/4R Step L Forward, Turning 1/4R Step R Together, Step L Back,
- 7, 8 Step R Back, Step L Forward (3.00)

(No Turning Option: Forward Rock, Shuffle Back, Back Rock, Shuffle Forward)

S3: PIVOT 1/4L, CROSS SIDE, CROSS SIDE, CROSS TOUCH

- 1, 2 Step R Forward With 1/4L Turn And Take Weight On Left
- 3, 4 Step R Across L, Step L To Side
- 5, 6 Step R Across L, Step L To Side
- 7, 8 Step R Across L, Touch L To Side (12.00)

S4: CROSS SAMBA, CROSS TOUCH, 14L JAZZ BOX

- 1 & 2 Step L Across In Front Of R, Step R To Side, Step L To Side
- 3, 4 Step R Across In Front Of L, Touch L To Side
- 5, 6 Step L Across R, Step R Back With 1/4L Turn
- 7, 8 Step L To Side, Step R Across L (9:00)

S5: SIDE SHUFFLE, BACK ROCK, SIDE SHUFFLE,, BACK ROCK

- 1 & 2 Step L To Side, Step R Together, Side L To Side
- 3, 4 Step R Back, Rock Onto L
- 5 & 6 Step R To Side, Step L Together, Step R To Side
- 7, 8 Step L Back, Rock Onto R (9.00)

S6: TOUCH AND TOUCH AND HEEL AND HEEL AND WALK WALK

- 1, 2& Touch L To Side, Hold (2), Step L Together (&)
- 3, 4& Touch R To Side, Hold (4), Step R Together (&)
- 5&,6& Step L Heel Forward, Step L Together, Step R Heel Forward, Step R Together
- 7, 8 Step L Forward, Step R Forward (9:00)

S7: PIVOT 1/4R, CROSS SIDE BEHIND 1/4R FORWARD, PIVOT 1/4R

- 1, 2 Step L Forward, Turn 1/4R With Weight On R
- 3, 4 Step L Across R, Step R To Side
- 5, 6
- 7, 8 Step L Behind R, Step R Forward With 1/4R Turn, Step L Forward, Turn 1/4R With Weight On R (6.00)

S8: CROSS SIDE BEHIND 1/4R FORWARD, PIVOT 1/2R, 1/4R SIDE TOUCH

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| 1, 2 | Step L Across R, Step R To Side |
| 3, 4 | Step L Behind R, Turn $\frac{1}{4}$ R Step R Forward |
| 5, 6 | Step L Forward, Turn $\frac{1}{2}$ R With Weight On L |
| 7, 8 | Step L Side With $\frac{1}{4}$ R Turn, Touch R Next To L (6:00) |

**Repeat The Dance In New Direction (To Finish The Dance In Front, Change The Last 8 Steps As below:
Cross Side Behind $\frac{1}{4}$ R Forward, Paddle Turn, And Cross Side)**

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