## This Old Heart

Compte: 64
Mur: 4
Niveau: Improver
Chorégraphe: Lindsay Spence (SCO) - February 2021
Musique: This Old Heart of Mine - The Contours

## Start on vocals, Restart wall 3.

Section 1 Walk forward R/L/R Kick L forward, Walk backward L/R/L touch
1,2,3,4. $\quad R$ foot forward, $L$ foot forward, $R$ foot forward, $L$ forward kick.
$5,6,7,8 \quad L$ foot walk back, $R$ foot back, $L$ foot back touch $R$ beside $L$.
Section 2 Vine R, Vine L $1 / 4$ Turn.
1,2,3,4. $\quad R$ foot side, $L$ foot behind, $R$ foot side, $L$ foot touch. Beside $R$
$5,6,7,8$. $\quad L$ side, $R$ behind, $L$ foot turn $1 / 4$ touch.

## Restart wall 3

Section 3 R diagonal forward step together,step together, L diagonal forward step together, step together.
1,2,3,4, $\quad R$ foot step forward $1 / 8, L$ foot beside, $R$ foot step forward, $L$ foot beside.
$5,6,7,8 \quad L$ foot step forward $1 / 8, R$ foot beside, $L$ foot step forward, $R$ foot beside.
Section 4 R, step diagonal back together, R step back together, L step diagonal back together, L step back together.
1,2,3,4 $\quad R$ foot step back 1/8, $L$ foot beside. $R$ foot step back, $L$ foot beside.
$5,6,7,8 \quad L$ foot step back $1 / 8$. $R$ foot beside, $L$ foot back, $R$ beside.
Section 5 R Side hold,Together Side touch, L side hold L Side Together Side,Touch
1,2\&3,4 $\quad R$ foot to $R$ side hold, $L$ foot beside, $R$ foot to $R$ side $L$ foot touch.
5,6\&78 $L$ foot to $L$ side hold, $R$ foot beside, $L$ foot to $L$ side, $R$ foot touch.
Section 6 R shuffle forward, step $1 / 2$ turn, $L$ shuffle forward, step $1 / 2$ turn
1\&2,3,4 $\quad R$ foot forward, $L$ foot beside, $R$ foot forward, $L$ step forward making $1 / 2$ turn,
5\&6,7,8 $L$ foot forward, $R$ foot forward, $R$ foot forward making $1 / 2$ turn

## Section 7 figure 8

$1,2,3,4, \quad R$ foot side, $L$ foot behind, $R$ foot side, step $1 / 4$ turn right,
$5,6,7,8 \quad$ Turn $1 / 2$ right,step left foot to side, right foot behind, step left foot forward

## Section 8 R rock coaster, L rock coaster

1,2,3\&4 $\quad$ foot rock forward recover, step back right, left, step right foot forward
$5,6,7,8 \quad L$ foot rock forward recover, step back left, right, step left forward.
Hope you enjoy this dance!!

