Hard On The Heart

Niveau: Intermediate

Chorégraphe: Ann Van Hove (CAN)

Musique: You're Easy On the Eyes - Terri Clark

Begin dance with arms by your sides, head looking to the left

AND STOMP, LOOK, HANDS ON WAIST, 1/2 TURN, ROCK

- &1-2 Jump back on left, bring right foot ahead, face forward on 2
- 3&4-5&6 Shuffle forward left, right, left, shuffle, 1/2 turn, right, left, right
- 7-8 Rock back on left

Compte: 62

MAMBO STEP

- 9&10 Mambo forward with left
- 11&12 Mambo back with right

LEFT TOUCH MONTEREY, RIGHT ½ TURN

- 13-16 Step left foot to left, bring left foot back to center, step right foot to right, bring back to centerimmediately do a 1/2 turn in this count
- 17-20 Repeat monterey step with 1/2 turns again

MAMBO STEP

21-24 Repeat mambo above

LEFT SYNCOPATED VINE WITH COASTER STEPS & HEELS

- 25-26&27-28 Step to left on left foot, step behind with right foot and guickly step on to ball of left foot step on to right foot in front of left foot, step on to left foot next to right
- Coaster step back, right, left together, right forward 29-30
- 31-32 Left heel step
- 33-34 Right heel step

For styling, on left heel step, put right hand behind right ear, left hand on left hip and put left hand by left ear, right hand on right hip when doing right heel step

35-44 Repeat to right using opposite footwork

ROCK, TRIPLE ½ TURN

- 45-46-47&48 Step right foot forward, back on left, triple step with a 1/2 turn right
- 49-50-51&52 Step left foot forward, weight back on right, triple step with a 1/2 turn left

KICK BALL CHANGES WITH STOMPS & STAMPS

53&54-55-56 Right kick ball change, stomp right, stomp left

57&58-59-60-61-62 Right kick ball change, stomp right, stamp left 3 times

When stamping 3 times with left, move head slightly to left each time. On 3rd stamp head will be facing left to begin dance again

REPEAT





Mur: 2