

From The Heart

Compte: 32

Mur: 4

Niveau:

Chorégraphe: Alan Robinson (UK)

Musique: In A Heartbeat - Rodney Atkins



CROSS UNWIND, ¼ SHUFFLE RIGHT, ½ PIVOT RIGHT, LOCK STEP FORWARD

- 1-2 Cross right over in front of left, unwind a complete turn left keeping weight on left foot
- 3&4 Step right to right, bring left next to right, step on right turning ¼ turn right
- 5-6 Step forward on left, pivot ½ turn to right
- 7&8 Step forward on left, lock right behind left, step forward on left

STEP, ¾ SWEEP, SAILOR STEP, SIDE SWITCHES, ¾ UNWIND LEFT

- 9-10 Step forward on right, sweep left foot around turning ¾ turn left
- 11&12 Step left behind right, step on right, step forward slightly on left
- 13&14& Touch right toe out to right, step right next to left (&), touch left toe out to left step left next to right(&)
- 15-16 Cross right over in front of left, unwind ¾ turn left keeping weight on left

FORWARD TOUCH, BACK TOUCH, DIAGONAL CROSS SHUFFLE LEFT, HIP BUMPS

- 17-18 Touch right toe across in front of left, touch right toe back
- 19&20 Step right across in front of left, step diagonally forward on left, step right across in front of left
- 21-22 Step left onto left bumping left hip to left, bump right hip to right
- 23-24 Bump left hip to left, bump right hip to right

FORWARD TOUCH, BACK TOUCH, DIAGONAL CROSS SHUFFLE, HIPS BUMPS, TAP, TAP KICK

- 25-26 Touch left toe across in front of right, touch left toe back
- 27&28 Step left across in front of right, step diagonally forward on right, step left across in front of right
- 29-30 Step right on right bumping right hip to right, bump left hip to right
- 31& Tap right toe twice
- 32 Kick right foot forward

REPEAT

On counts 21-24 and 29-30 (hip bumps), use your shoulders to move your body into the hip bump and make it a bigger, more fluid move. Body roll if you can.