

# My Heart

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Teresa Lawrence (UK) & Vera Fisher (UK)  
音乐: My Heart Won't Let You Leave My Mind - Jake Mathews



Start dance 1 count in, on main vocals

## CHASSE SIDE, ROCK REPLACE, SIDE BEHIND BALL CROSS STEP SIDE

1&2      Chasse right to right side  
3-4      Rock back left, replace weight on right  
5-6      Step left to left side, step right behind left  
&7-8      Step left to left side, cross right over left, step left to left side

## ROCK REPLACE, PIVOT ¼ TURN WITH HIPS X3

1-2      Rock back on right, replace weight on left  
3-4      Step forward right, pivot ¼ turn left weight to end on left (swinging hips out to right side)  
5-6      Repeat counts 3-4  
7-8      Repeat counts 3-4 (3:00)

## STEP FORWARD TOUCH AND HEEL AND STEP FORWARD, TWICE

1-2      Step forward on right, touch left toe next to right  
&3      Step back on left, dig right heel forward  
&4      Replace weight on right, step forward on left  
5-6      Repeat counts 1-2  
&7      Repeat counts &3  
&8      Repeat counts &4 (restart here on wall 4 facing the 6:00 wall)

## ROCK FORWARD REPLACE, TRIPLE HALF TURN, TRIPLE HALF TURN, ROCK BACK REPLACE

1-2      Rock forward right, replace weight back on left  
3&4      Triple ½ turn over right shoulder (traveling backwards)  
5&6      Triple ½ turn over right shoulder (traveling backwards)  
7-8      Rock back right replace weight on left (3)

You can replace counts 3-6 with 2 shuffles back

## WALK RIGHT LEFT RIGHT KICK CLAP, BACK TWO THREE TOUCH RIGHT TO RIGHT SIDE

1-2-3-4      Walk forward right, left, right, kick forward with left  
5-6-7-8      Walk back, left, right, left, touch right toe out to right side

## SAILOR STEP, SAILOR ¼ TURN LEFT

1&2      Right sailor  
3&4      Do a left sailor making a ¼ turn left  
5-6      Step forward right, pivot ½ left  
7-8      Walk forward right, left (6)

## GRAPEVINE RIGHT, GRAPEVINE LEFT (OPTION. YOU CAN DO FULL TURNS ON THE VINES)

1-2-3-4      Vine right ending with a touch left next to right on count 4  
5-6-7-8      Vine left ending with a touch right next to left on count 8

## JAZZ BOX ¼ TURN RIGHT, JUMP FORWARD CLAP, JUMP BACK CLAP

1-2-3-4      Jazz box, making ¼ turn right  
&5-6      Jump forward right, left on counts &5, clap on count 6  
&7-8      Jump back right, left on counts &7, clap on count 8, weight to end on left (9)

**REPEAT**

**RESTART**

On wall 4, you will start wall 4 facing 3:00. Dance up to & including &8 of section 3 the step touch & heel bit. You'll be facing 6:00 to start dance from the beginning

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