

Your Own Heart

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Kim Liebsch (DK) - June 2015

Musik: Karma Town - Stine Bramsen



Intro: 16 counts after 1st beat(appr. 10 seconds) Start with weight on L foot

Restart: On wall 2 after 32 counts (Step fw. on the & counts to Restart) (9:00) *

Ending: After the ¼ turn on count 47 facing 12:00

#1 section: □ Step, lock step, rock recover 2 X back, 2 X back back rock, step ¼ □

& Step fw. on R □ 12:00

1-2 Lock L behind R, step fw. on R □ 12:00

3&4& Rock fw. on L, recover on R, step back on L, step back on R □ 12:00

5-6 Step back on L, step back on R □ 12:00

7&8& Rock back on L, recover on R, step fw. on L, make ¼ turn R putting weight on R □ 3:00

#2 section: □ Cross ¼ turn, side cross rock side, 2 X sway, cross rock side rock □

1-2 Cross L over R, make ¼ turn L stepping back on R □ 12:00

3&4& Step L to L side, cross R over L, recover on L, step R to R side □ 12:00

5-6 Sway L, sway R □ 12:00

7&8& Cross L over R, recover on R, rock L to L side, recover on R □ 12:00

#3 section: □ Step ¼ turn, behind ¼ step ½ turn, 2 X walk, 2 X out 2 X in □

1-2 Step fw. on L, make ¼ turn L stepping R to R side □ 9:00

3&4& Cross L behind R, make ¼ turn R stepping fw. on R, step fw. on L, make ½ turn R stepping fw. on R □ 6:00

5-6 Walk fw. on L, walk fw. on R □ 6:00

7&8& Step out on L, step out on R, step in on L, step in on R □ 6:00

#4 section: □ 2 X walk, syncopated jazzbox, rock recover, point together X 2 □

1-2 Walk fw. on L, walk fw. on R □ 6:00

3&4& Cross L over R, step back on R, step L to L side, step fw. on R □ 6:00

5-6 Rock fw. on L, recover on R □ 6:00

7&8& Point L to L side, step L next to R, point R to R side, step R next to L *(9:00) □ 6:00

#5 section: □ Step ½ turn, cross back back step X 2 □

1-2 Step fw. on L, make ½ turn R stepping fw. on R □ 12:00

3&4& Cross L over R, step back on R, step back on L, step fw. on R □ 12:00

5-6 Step fw. on L, make ½ turn R stepping fw. on R □ 6:00

7&8& Cross L over R, step back on R, step back on L, step fw. on R □ 6:00

#6 section: □ Step ¼ turn, cross side behind side, side rock, 2 X ¼ turn behind □

1-2 Step fw. on L, make ¼ turn R stepping R to R side □ 9:00

3&4& Cross L over R, step R to R side, cross L behind R, step R to R side □ 9:00

5-6 Rock L to L side, recover on R □ 9:00

7&8 Make ¼ turn L putting weight on L, make ¼ turn L stepping R to R side, cross L Behind R □ 3:00

Good Luck & N'joy!