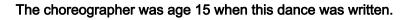
# **One Heart!**

**Count: 36** 

Ebene: Intermediate

Choreograf/in: Chris Williams (UK)

Musik: Ain't That A Lot Of Love - Tom Jones & Simply Red



## HEEL TAPS WITH WEAVES

- 1-2 Tap right heel twice, clicking fingers on taps
- 3&4 Cross right behind left. Step left to left side. Cross right over left
- 5-6 Tap left heel twice, clicking fingers on taps
- 7&8 Cross left behind right. Step right to right side. Cross left over right

Note: while tapping heel, keep toe on floor and lean back on the diagonal

## **RIGHT VINE WITH CROSS TOUCHES AND ½ TURN**

- 1-2 Step right to right side. Cross left behind right.
- &3&4 Step right to right side & cross left over right. Touch right toe to right side & hitch right knee
- 5-6 Cross right over left. Touch left to left side.
- 7 Cross left behind right
- 8 Unwind <sup>1</sup>/<sub>2</sub> turn stepping back on right & touching left heel forward

### SHIMMIES, ROCK & TRIPLE TURN

&1	Step down on left & touch right toe back, rolling right shoulder forward on count 1
2	Roll right shoulder forward on count 2
&3	Jump forward in two small steps, right, left, bumping hips to left on count 3
4	Bump hips to left on count 4
5-6	Step forward on right & rock forward onto left. Recover onto right.
7&8	Triple turn left, right, left, ½ turn left
	4 are meant to be done with style. The rolls & hip bumps can be easily replaced with whatever you rtable with

#### HEEL JACKS WITH CROSSES

1-2	Step right to right side. Cross left behind right
&3&4	Step back on right, touching left heel forward. Step down on left, crossing right over left
5-6	Step left to left side. Cross right behind left
&7&8	Step back on left, touching right heel forward. Step down on right, crossing left over right

## SIDE STEPS WITH HEEL TOUCHES AND HEEL SWITCHES

- 1-2 Step right to right side. Touch left heel diagonally forward to left
- 3-4 Step left to left side turning ¼ to right. Touch right heel diagonally forward to right
- &5&6 Step down on right, touching left heel forward. Step back on left, touching right heel forward
- &7&8 Step back on right, touching left heel forward. Step left beside right, swiveling heels out & in.

## **CROSS TOUCHES**

- 1-2 Touch right to right side. Cross right over left
- 3-4 Touch left to left side. Cross left over right
- 5-6 Touch right to right side. Cross right over left
- 7-8 Touch left to left side. Cross left over right

#### REPEAT





Wand: 4