

Rockin My Heart

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Melinda Barry (USA)

Musik: Little Drops of My Heart - Keith Gattis



SYNCOPATED HEEL TOUCHES

- &1 Step left in place, cross right over left
- &2 Step left foot out left, touch right heel out 45 degrees forward
- &3 Step right foot in place, cross left behind right
- &4 Step right out right, touch left heel out 45 degrees forward
- &5 Step left in place, cross right over left
- &6 Step left foot out left, touch right heel out 45 degrees forward
- &7 Step right foot in place, cross left over right
- 8 Hold and clap

HIP BUMPS, SHUFFLE, AND ROCK STEP

- 9-10 Bump hips right two times
- 11-12 Bump hips left two times
- 13&14 Shuffle forward right, left, right
- 15-16 Rock forward on left foot and recover on right

SHUFFLE, ROCK BACK, SHUFFLE PIVOT ½ RIGHT

- 17&18 Shuffle back left, right, left
- 19-20 Rock back on right foot recover on left
- 21&22 Shuffle forward right, left, right
- 23-24 Step forward on left turn ½ way around to right shift weight to right foot

SHUFFLE, JAZZ SQUARE, HIP BUMPS

- 25&26 Shuffle forward left, right, left
- 27-28 Cross right foot over left, step left foot back 45 degrees to the left
- 29 Step right foot back 45 degrees to the right
- 30 Jump forward land equal weight on both feet
- 31-32 Bump hips right, bump hips left

VINE LEFT, VINE RIGHT WITH A ¼ TURN RIGHT

- 33-34 Step left foot out to left, cross right foot behind left
- 35-36 Step left foot out to left, touch right foot next to left
- 37-38 Step right foot out to right, cross left foot behind right
- 39-40 Step right foot out turn ¼ turn right, hitch (raise left knee)

WALKS BACK, COASTER STEP, KICK BALL WALKS

- 41-42 Step back on your left, step back on your right
- 43&44 Step back on left, step right foot back next to left, step forward on left
- 45&46 Kick forward right, step ball of right foot next to left, step forward on left
- 47&48 Repeat 45&46

ROCK STEPS, FULL TURN, ROCK STEP

- 49-50 Rock forward on right, recover on left
- 51-52 Rock back on right, recover on left
- 53-54 Step forward on left turning full turn landing on left
- 55-56 Rock forward on right, recover on left

ROCK STEP, JAZZ SQUARE, HIP BUMPS

57-58 Rock back on right, recover on left

59-60 Cross right foot over left, step left foot back 45 degrees to the left

61 Step right foot back 45 degrees to the right

62 Jump forward land equal weight on both feet

63-64 Bump hips right, bump hips left

REPEAT
