

From The Heart

Count: 32

Wand: 4

Ebene:

Choreograf/in: Leyonee Forbes (UK)

Musik: The Heart Stops The Clock - James Bonamy



STEP SIDE, ROCK, ROCK, RIGHT STEP CLOSE TURN, SPOT TURN, ROCK & CROSS

- 1-2-3 Step left to left side, cross rock right over left, recover onto right
- 4&5 Step right to right side, step left next to right, step right forward making $\frac{1}{4}$ turn right
- 6-7 Step left forward, on balls of feet make $\frac{1}{2}$ turn right
- 8&1 Rock left to left side, step right next to left, cross step left over right

POINT CROSS, LEFT LOCK LEFT, ROCK, ROCK, COASTER STEP

- 2-3 Point right to right side, cross step right forward
- 4&5 Step left forward, lock step right behind left, step left forward
- 6-7 Rock forward right, recover back onto left
- 8&1 Step right back, step left next to right, step right forward

STEP TURN, BEHIND, SIDE, CROSS, ROCK SIDE, RIGHT STEP CLOSE STEP

- 2-3 Step left forward, on balls of feet make $\frac{1}{4}$ turn right, weight on right
- 4&5 Step left behind, step right to right side, cross step left over right
- 6-7 Side rock right to right side, recover onto left
- 8&1 Step right to right side, step left next to right, step right to right side

ROCK & CROSS, ROCK & TURN, SPOT TURN, STEP CLOSE STEP

- 2&3 Cross rock left over right, recover onto right, step left to left side
- 4&5 Cross rock right over left, recover onto left, step right forward making $\frac{1}{4}$ turn right
- 6-7 Step left forward, on balls of feet make $\frac{1}{2}$ turn right
- 8&1 Step left to left side, step right next to left, step left to left side

REPEAT
