

From The Heart

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Anne Hewitt (UK)

Musik: I Hope You Dance - Lee Ann Womack



Written to the slow version of "I Hope You Dance" but works well to the Rawling Radio Edit for a faster dance.

ROCK RIGHT LEFT, RIGHT SIDE SHUFFLE, ROCK LEFT RIGHT, LEFT FOOT SIDE SHUFFLE

- 1-2 Rock right to right side (sway hips right), rock onto left foot in place (sway hips left foot)
- 3&4 Step right to right side, step left next to right) step right to right side (slightly elevate the body when stepping left foot next to right)
- 5-6 Rock left to left side (sway hips left foot) rock onto right in place (sway hips right)
- 7&8 Step left to left side, step right next to left foot, step left to left side (slightly elevate the body when stepping left next to right)

RIGHT REVERSE ½ PIVOT, LEFT MAMBO, LEFT FOOT REVERSE ½ PIVOT, LEFT MAMBO

- 1-2 Touch toes of right back reverse ½ pivot following right shoulder (weight now on right)
- 3&4 Rock forward on left, rock back onto right, step left foot next to right
- 5-6 Touch toes of right back reverse ½ pivot following right shoulder (weight now on right)
- 7&8 Rock forward on left, rock back onto right, step left foot next to right

WALK RIGHT WALK LEFT, RIGHT STEP LOCK STEP, WALK LEFT FOOT WALK RIGHT, LEFT FOOT STEP LOCK STEP

- 1-2 Walk forward right sway hips right walk forward left sway hips left
- 3&4 Step forward right, lock step left behind right, step forward right
- 5-6 Walk forward left foot sway hips right walk forward left sway hips left
- 7&8 Step forward left, lock step right behind left, step forward left (weight now forward on left)

SLIDE ¼ PIVOT RIGHT, ¾ TRIPLE TURN, SLIDE ¼ PIVOT RIGHT, FULL TRIPLE TURN

- 1-2 Slide balls of right back slightly keeping leg as straight as possible, reverse pivot ¼ turn right following right shoulder (weight now on right)
- 3&4 Triple ¾ turn right on the spot following right shoulder stepping left, right, left
- 5-6 Repeat 1 -2
- 7&8 Triple full turn right on the spot following right shoulder stepping left right left

Optional: raise both arms torso height slightly bent inwards as you are turning during steps 3 &4 and 7&8

REPEAT