

Heart Strings

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Ivonne Verhagen (NL) - March 2012

Musik: Heartstrings (This Is Love) - Ben Saunders : (Album: You Thought You Knew Me By Now - iTunes)



Dance starts after 16 counts

STEP SIDE, ROCK, STEP, STEP SIDE, CROSS BEHIND, STEP SIDE, CROSS OVER, SIDE ROCK STEP, CROSS OVER, ¼ TURN LEFT, ¼ TURN LEFT,

- 1,2,& RF step to the right side, lf rock back, rf weight back on rf.
- 3,4,& LF step to the left side, rf cross behind left, left step to the left side
- 5,6,& RF cross over lf, LF rock left side, RF weight on RF
- 7,8,& LF cross over RF, ¼ turn left & RF step back, ¼ turn left & LF step side

CROSS ROCK STEP, STEP SIDE, CROSS ROCK STEP, STEP SIDE, BEND BOTH KNEES (GO DOWN) & COME UP, RF ROCK SIDE, WEIGHT BACK, FULL TURN LEFT

- 1,2,& RF cross rock over lf, weight back on lf, rf step to the right side
- 3,4,& LF cross rock over rf, weight back on rf, lf step to the left side

Restart in wall 6

- 5,6 Bend both knees & go down (also arms), Come up & step RF side (right arm to right side)
- 7&8 ¼ turn left & LF step forward, ½ turn left & RF step back, ¼ turn left & LF step side

CROSS ROCK STEP, SIDE (WRAPP IN), 1,1/4 TURN LEFT, ROCK STEP FORWARD, STEP BACK, STEP FORWARD, ½ TURN LEFT

- 1&2 RF cross rock over LF, weight back on LF, RF step side (body turns right, wrap in)
- 3&4 ¼ turn left & LF step forward, ½ turn left & RF step back, ½ turn left & LF step forward
- 5&6 RF rock forward, weight back on LF, RF step back (move upper body back)
- 7,8,&1 Move body forward & weight on LF, RF step forward, ½ turn left & weight on LF, RF step forward

STEP FORWARD, WALK, WALK WALK, WALK BACK, WALK BACK, WALK BACK, SAILOR ¼ TURN LEFT, CROSS ROCK, STEP

- 2&3 LF walk forward, RF walk forward, LF walk forward
- 4,&5 RF walk back, LF walk back, RF walk back
- 6&7 ¼ turn left & LF cross behind RF, Rf step side, LF step side
- 8,& RF cross rock over LF, LF step in place

NOTE: Restart the dance after count 12 in wall 6

End of the dance.

Have Fun!