

# Deep in My Heart

Count: 48

Wand: 4

Ebene: Easy Improver

Choreograf/in: Elin Lykke (DK) - July 2014

Musik: Knee Deep In My Heart - Shane Filan



## **Sektion 1: R Point Cross & L Point Cross, 2 x walk R,L, R Mambo, Coaster Cross.**

- 1 & 2 & Point right toe across left, step right beside left, Point left toe across right, step left beside.  
3 – 4 Walk forward on right , Walk forward on left.  
5 & 6 Step forward on right, step left in place, step right next to left  
7 & 8 Step back on left, step right beside left, step left cross right..

## **Section 2: R Side, together, R Chasse, Pivot half turn right, L Shuffel forward.**

- 1 – 2 Step right to right side, step left next to right,  
3 & 4 Step right to right side, step left next to right, step right to right side.  
5 – 6 Step forward on left, making half turn right (weight on right),  
7 & 8 Step forward on left, step right next to left, step forward on left.

## **Sektion 3: Heel Switces x 2 R,L, Pivot half turn left, Shuffle half turn, L Coaster cross.**

- 1 & 2 & Step right heel forward , together, step L heel forward, together  
3 – 4 Step forward on right, make ½ left( weight on left).  
5 & 6 Step ¼ left on right, step left next to right, step right ¼ left.  
7 & 8 Step back on left, step right next to left, step left cross right.

## **Sektion 4: R Side, together, R Chasse, Pivot half turn right, L Shuffel forward.**

- 1 – 2 Step right to right side, step left next to right,  
3 & 4 Step right to right side, step left next to right, step right to right side.  
5 – 6 Step forward on left, making half turn right (weight on right),  
7 & 8 Step forward on left, step right next to left, step forward on left.

## **Sektion 5: R, L Walk forward,R Mambo, 2 x Walk Back L,R,. L Coaster.**

- 1 – 2 Step forward on right, step forward on left.  
3 & 4 Step forward on right, step left in place, step right next to left  
**(Restart from on Wall 5 facing 12 O'clock)**  
5 - 6 Walk back on left, walk back on right.  
7 & 8 Step back on left, step right next to left, step forward on left.

## **Sektion 6: R Cross Rock Side, L Cross Rock Side, Pivot half turn left, Pivot ¼ turn left.**

- 1 & 2 Step right cross left, step right to right side,  
3 & 4 Step left cross right, step left to left side,  
5 – 6 Step forward on right, make 1/2 turn left ( weight on left)  
7 – 8 Step forward on right, make 1/2 turn left ( weight on left)

**Restart during wall 5 ( after Right Mambo section 5.) Facing 12 O'clock**

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