

My Tender Heart

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Katrin Gäbler (DE) - July 2014

Musik: Tender Heart - Lionel Richie



Intro: □ 8 counts from the heavy beat, begin on lyrics

[1-8] □ Cross, Rock, Recover, Chassé Right, Cross Rock, Recover, Chassé ¼ Left □

- 1-2 Step right across left, weight back on left □ 12.00
- 3&4 Step right to right, (&) close left next to right, step right to right □ 12.00
- 5-6 Step left across right, weight back on right □ 12.00
- 7&8 Step left to left, (&) close right next to left, step left ¼ left fwd □ 9.00

[9-16] □ Prissy Walk R+L, Step, Lock Step, Rock Step, Recover, ¾ Triple Turn Left □

- 1-2 Step right across left fwd, step left across right fwd □ 9.00
- 3&4 Step right fwd, (&) cross left behind right, step right fwd □ 9.00
- 5-6 Rock left fwd, weight back on right □ 9.00
- 7&8 ¾ Triple Turn on place stepping l,r,l □ 12.00

[17-24] □ Step, Touch Back, Shuffle Back, Back, Touch Fwd, Shuffle Fwd □

- 1-2 Step right fwd, touch left behind right (Body angled a little left) □ 12.00
- 3&4 Step left back, close right next to left, step left back □ 12.00
- 5-6 Step right back, touch left fwd (Body angled a little right) □ 12.00
- 7&8 Step left fwd, (&) close right next to right, step left fwd □ 12.00

Tag and Restart here in wall 6! (9.00) □

[25-32] □ Sway, Sway, Chassé Right, Sway, Sway, Chassé Left □

- 1-2 Step right to right and sway hips right & left □ 12.00
- 3&4 Step right to right, (&) close left next to right, step right to right □ 12.00
- 5-6 Step left to left and sway hips left & right □ 12.00
- 7&8 Step left to left, (&) close right next to left, step left to left □ 12.00

[33-40] □ Cross, Side, Sailor Step, Cross, Side, Sailor Turn ½ Left with Cross □

- 1-2 Step right across left, step left to left □ 12.00
- 3&4 Cross right behind left, (&) step left to left, step right to right □ 12.00
- 5-6 Step left across right, step right to right □ 12.00
- 7&8 ½ turn left and cross left behind right, (&) step right to right, step left across right □ 6.00

[41-48] □ Side, Hold, & Side, Touch, Side, Hold, & Side, Touch □

- 1-2 Step right to right, Hold □ 6.00
- 3&4 (&) close left next to right, step right to right, touch left next to right □ 6.00
- 5-6 Step left to left, Hold □ 6.00
- 7-8 (&) close right next to left, step left to left, touch right next to left □ 6.00

[49-56] □ Back Rock, Recover, Shuffle Fwd, Jazz Box with Hold □

- 1-2 Rock right back, recover on left □ 6.00
- 3&4 Step right fwd, (&) step left next to right, step right fwd □ 6.00
- 5-6 Step left across right, step right back □ 6.00
- 7&8 Step left to left, Hold *** Restart here in wall 1 & 3*** □ 6.00

[57-64] □ Cross, Sweep, Cross Shuffle, & Point, ¼ Left Down, Step, Step □

- 1-2 Step right across left, sweep left from back to front □ 6.00
- 3&4 Step left across right, (&) step right to right, step left across right □ 6.00

&5-6 (&) step right to right, point left to left, ¼ turn left stepping left down □ 3.00
7-8 Step fwd on right + left □ 3.00

Tag □ 4 Counts Tag during wall 6 after count 24 (Shuffle fwd) ! Start over again ! □

[1-4] □ Side Left and Hip Sways R,L,R,L □

1-4 Step Right And Sway Hips R,L,R,L □ 9.00

Contact: katring66@hotmail.com
