

Iron Heart

Count: 32

Wall: 2

Level: Improver

Choreographer: Ellen Fyrand (NOR) - November 2022

Music: Iron Heart - BEN & TAN



Only 2 counts Intro!

***3 Tags, 2 Restarts (easy)

[1-8] Shuffle R-L-R-L-R-L-R, L Cross in front, 1/4 L x2, Step R fw

1-4 On R diagonal Step R (1) L (&) R (2) L (&) R (3) L (&) R (4) [01:30]

5-8 Cross L in front (5), 1/4 turn L while stepping back on R (6), 1/4 turn L while stepping fw on L (7), step fw on R (8) [06:00]

***Tag and Restart – Wall 3 & Wall 6**

[9-16] Shuffle L-R-L-R-L-R-L, R Cross in front, 1/4 Turn R x2, Step L fw

1-4 On L diagonal Step L (1) R (&) L (2) R (&) L (3) R (&) L (4) [04:30]

5-8 Cross R in front (5), 1/4 Turn R while stepping bak on L (6), 1/4 Turn R while stepping fw on R (7), Step fw on L (8) [12:00]

[17-24] Side , Behind , Side , Touch Heel, Ball, Cross, Side, Behind, Side, Touch Heel, Ball, Cross

1-4 Step R to R (1), Cross L behind (2), Step R to R (&), Touch L Heel slightly to L (3), Ball step L (&), Cross R in front (4)

5-8 Step L to L (5), Cross R behind (6), Step L to L (&), Touch R Heel slightly to R (7), Ball step R (&), Cross L in front (8)

[25-32] Monterey 1/4 Turn R x2

1-4 Point R to R (1), 1/4 Turn R and Close R to L (2), Point L to L (3), Close L to R (4) [03:00]

5-8 Repeat steps 1-4 [06:00]

***Restarts with a Tag ON wall 3 (facing 06:00) and 6 (facing 12:00)**

1-8 Dance the First 8 Counts

9-12 Add a Jazzbox, starting with L, Touch R next to L on count 4, and start again

Tag: After Wall 4, 4 counts (facing 12:00)

1-4 Do a Jazzbox, starting with R

contact: efyrand@gmail.com