

Heartstrings

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Gudrun Schneider (DE) & Tobias Jentzsch (DE) - February 2024

Music: Heartstrings - M-22 & Ella Henderson



The dance starts after 16 counts.

SIDE R, BACK ROCK L WITH 1/8 TURN L, STEP-LOCK-STEP, HOLD, & STEP-LOCK-STEP

- 1-2-3 RF step right, LF step diagonally back, recover on RF (10:30)
- 4&5 LF step forward, RF step behind LF, LF step forward
- 6 hold
- &7&8 RF step behind LF, LF step forward, RF step behind LF, LF step forward

CROSS WITH 1/8 TURN R, 1/4 TURN R, CHASSE R, CROSS L, SIDE R, SAILOR STEP WITH 1/4 TURN L

- 1-2 RF cross over LF with 1/8 turn right, LF step back (12:00)
- 3&4 1/4 turn right, RF step right, LF step beside RF, RF step right (3:00)
- 5-6 LF cross over RF, RF step right
- 7&8 1/4 turn left, LF step back, RF step beside LF, LF step forward (12:00)

POINT R - HOLD, & POINT L - HOLD, & CROSS ROCK R, SIDE ROCK R

- 1-2 RF point right, hold
- &3-4 RF step beside LF, LF point left, hold
- &5-6 LF step beside RF, RF cross over LF, recover on LF
- 7-8 RF step right, recover on LF

JAZZ BOX 1/4 TURN R, STEP 1/2 TURN L, FULL TURN L

- 1-2 RF cross over LF, 1/4 turn right, LF step back (3:00)
- 3-4 RF step beside LF, LF step forward
- 5-6 RF step forward, 1/2 turn left (9:00)
- 7-8 1/2 turn left, RF step back (3:00), 1/2 turn left, LF step forward (9:00)

ROCK & ROCK R+L, SHUFFLE BACK L, BACK ROCK R

- 1-2 RF step forward, recover on LF
- &3-4 RF step beside LF, LF step forward, recover on RF
- 5&6 LF step back, RF step beside LF, LF step back
- 7-8 RF step back, recover on LF

SHUFFLE FWD R, ROCK FWD L, 1/2 TURN L – TOE STRUT L, 1/4 TURN L – TOE STRUT R

- 1&2 RF step forward, LF step beside RF, RF step forward
- 3-4 LF step forward, recover on RF
- 5-6 1/2 turn left, LF toe forward - LF heel down (3:00)
- 7-8 1/4 turn left, RF toe right – RF heel down (12:00)

BACK ROCK L, SIDE L - CLOSE, CROSS L – HOLD, & CROSS L, POINT R

- 1-2 LF step back, recover on RF
- 3-4 LF step left, RF step beside LF
- 5-6 LF cross over RF, hold
- &7-8 RF step right, LF cross over RF, RF point right

CROSS R 1/4 TURN R, STEP BACK L, CHASSE R WITH 1/4 TURN R, CROSS ROCK, SIDE L, TOUCH R

- 1-2 RF cross over LF, 1/4 turn right – LF step back (3:00)
- 3&4 1/4 turn right – RF step right, LF step beside RF, RF step right (6:00)

5-6 LF cross over RF, recover on LF
7-8 LF step left, RF touch beside LF

Have Fun

Contact:
gudrun@gudrun-schneider.com
tobiasjentsch90@web.de
