

# This Old Heart

Count: 48

Wall: 4

Level: Improver

Choreographer: Kate Sala (UK) & Dee Musk (UK)

Music: This Old Heart of Mine - The Isley Brothers



## **SLOW SAILOR STEPS RIGHT & LEFT, BEHIND TOUCH, PIVOT ½ TURN RIGHT**

- 1-2-3 Cross step right behind left, step left to left side, step right to right side  
4-5-6 Cross step left behind right, step right to right side, step left to left side  
7-8 Touch right back, pivot ½ turn right, (weight ending forward on right)

## **KICK BALL CHANGE, STEP FORWARD, TAP BEHIND, BACK LOCK STEP, BEHIND TOUCH, PIVOT ½ TURN LEFT**

- 1&2 Kick left forward, step down on left, step forward on right  
3-4 Step forward on left, tap right behind left  
5&6 Step back on right, lock step left over right, step back on right  
7-8 Touch left back, pivot ½ turn left, (weight ending forward on left)

## **RIGHT SIDE, CROSS IN FRONT, SIDE, KICK, LEFT SIDE, CROSS IN FRONT, SIDE, KICK**

- 1-2 Step right to right side, cross step left over right  
3-4 Step right to right side, kick left forward to left diagonal & click fingers  
5-6 Step left to left side step, cross step right over left  
7-8 Step left to left side, kick right forward to right diagonal & click fingers

## **BACK ROCK, RECOVER, RIGHT CHASSE, TAP ACROSS, SIDE, ACROSS, SIDE STEP LEFT**

- 1-2 Rock back on right, rock forward on left  
3&4 Step right to right side, step left next to right, step right to right side  
5-6 Tap left toes forward & across to right diagonal, tap left toes out to left side  
7-8 Tap left toes forward & across to right diagonal, step left out to left side

## **JAZZ BOX ¼ TURN RIGHT, LOCK STEP FORWARD, CHASSE RIGHT**

- 1-2-3 Cross step right over left, step back on left, turn ¼ right stepping right to right side  
4-5-6 Step forward on left, lock step right behind left, step forward on left  
7&8 Step right to right side, step left next to right, step right to right side

## **BACK ROCK, KICK BALL CROSS TWICE, BIG STEP LEFT, DRAG IN RIGHT**

- 1-2 Rock back on left, recover on to right  
3&4 Kick left diagonally forward left, step ball of left back to place, cross step right over left  
5&6 Kick left diagonally forward left, step ball of left back to place, cross step right over left  
7-8 Step left long step to left side, drag in right towards left keeping weight on left

**REPEAT**

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