

# Here Is My Heart

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Maureen Jones (UK) & Michelle Jones (UK)

Music: Here Is My Heart - Lionel Richie



## ROCK, SHUFFLE BACK, COASTER, FULL TURN

- 1-2 Rock forward on right, recover back on left  
3&4 Shuffle back stepping right, left, right  
5&6 Step left back, step right beside left, step left forward  
7-8 Make ½ turn left and step back on right, make ½ turn left and step forward on left  
**The full turn during counts 7-8 can be replaced with two walks forward**

## ¼ PIVOT, CROSS SHUFFLE, STEP, ½ HINGE TURN, CROSS SHUFFLE

- 9-10 Step forward on right, pivot ¼ turn left  
11&12 Step right across left, step left to left, step right across left  
13-14 Step left to left, make ½ turn right and step right to right  
15&16 Step left across right, step right to right, step left across right

## SIDE, BEHIND, SIDE SHUFFLE, ROCK, FORWARD COASTER

- 17-18 Step right to right, step left behind right  
19&20 Step right to right, step left beside right, step right to right  
21-22 Rock left behind right, recover forward onto right  
23&24 Step left forward, step right beside left, step back on left

## ROCK, FORWARD COASTER, ROCK, STEP, TOUCH

- 25-26 Rock right behind left, recover forward onto left  
27&28 Step right forward, step left beside right, step back on right  
29-30 Rock back on left, recover forward on right  
31-32 Step forward on left, touch right behind left heel

## TURN & KICK, STEP, TOUCH, ¼ TURN, HITCH & KICK, STEP, COASTER

- &33-34 On ball of left make ½ turn right and kick right forward, step back on right  
35-36 Touch left toes back, make ¼ turn left and transfer weight onto left foot  
&37-38 Hitch right knee, kick right forward, step back on right  
39&40 Step back on left, step right beside left, step forward on left

## HEEL GRIND, COASTER, STEP, TOE-DIG, HEEL PUMP-ACTION

- 41-42 Grind right heel forward, step back on left  
43&44 Step back on right, step left beside right, step forward on right  
45-46 Step forward on left, dig right toes beside left in-step  
&47& Quickly raise right knee and then push right heel slightly forward and down towards floor (do not touch floor), raise right heel  
48& Push right heel slightly forward and down towards floor (do not touch floor), raise right heel

**The movement required on counts 47-48 is exactly like using a foot pump**

## REPEAT

## TAG

Insert immediately after 5th repetition

## SHUFFLE, STOMP-UP, TURN & FLICK: TWICE

- 1&2 Shuffle forward stepping right, left, right  
3-4 Stomp-up left beside right, make ½ turn right and flick left back (click fingers)

5&6

Shuffle forward stepping left, right, left

7-8

Stomp-up right beside left, make  $\frac{1}{2}$  turn left and flick right back (click fingers)

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