

# From The Heart

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Simon Ward (AUS)

Music: What If - Reba McEntire



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## ROCK, ROCK, DIAGONAL SHUFFLE, SIDE, ¼ TURN, FORWARD COASTER STEP

- 1-2 Left rock/step back angle 45 degrees left, right rock forward at center
- 3&4 Step left forward at 45 degrees right, step right next to left, step left forward at 45 degrees left
- 5-6 Rock/step right to right side, rock/step left onto left into ¼ turn left
- 7&8 Step right forward, step left next to right, step right back

## ROCK, ROCK, DIAGONAL SHUFFLE, SIDE, ¼ TURN, FORWARD SHUFFLE

- 1-2 Left rock/step back angle 45 degrees left, right rock forward at center
- 3&4 Step left forward at 45 degrees right, step right next to left, step left forward at 45 degrees left
- 5-6 Rock/step right to right side, rock/step left onto left into ¼ turn left
- 7&8 Step right forward, step left next to right, step right forward

## ¼, ½, SHUFFLE BACK, ROCK, ROCK, SHUFFLE FORWARD

- 1-2 Step left into ¼ turn left, step right into ½ turn right (turns are like a skating motion)
- 3&4 Step left back, step right next to left, step left back
- 5-6 Rock/step right back, rock/step left forward
- 7&8 Step right forward, step left next to right, step right forward

## ¼, ½, SHUFFLE BACK, ROCK, ROCK, SHUFFLE FORWARD

- 1-8 Repeat previous 8 counts

## FORWARD, ¼ & POINT FINGER SNAP, ¼, TOUCH, FORWARD, ¼ & POINT, FINGER SNAP, ¼, TOUCH

- 1-2 Step left forward into ¼ turn right, point right toe right (look & extend right arm out & snap fingers)
- 3-4 Step right into a ¼ turn right (place right hand on heart) touch left next to right
- 5-6 Step left forward into ¼ turn right, point right toe right (look & extend right arm out & snap fingers)
- 7-8 Step right into a ¼ turn right (place right hand on heart) touch left next to right

## SHUFFLE, FORWARD, ½ PIVOT, SHUFFLE, SIDE, & TOUCH, SIDE

- 1&2 Step left forward, step right next to left, step left forward
- 3-4 Step right forward, pivot ½ turn left (transfer weight left)
- 5&6 Step right forward, step left next to right, step right forward
- 7&8 Step left to left side, touch ball of right foot next to left, step right to right side (drag left toe towards right)

**REPEAT**

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