

# Heart and I

Count: 64

Wall: 4

Level: Advanced

Choreographer: Alan Birchall (UK) - December 2010

Music: Heart and I - Robbie Williams : (CD: In And Out Of Consciousness, Greatest Hits 1990 - 2010)



**Start: Just Before Lyrics At Start Of The Beat (16 secs) 32 counts**

**Note: This dance continues until the very end of the track.**

## **ROCK, RECOVER, LOCK STEPS BACK, TOUCH BACK, UNWIND**

- 1-2 Rock Forward On Right, Recover On Left
- 3&4 Step Back On Right, Lock Left Over Right, Step Back On Right
- 5&6 Step Back On Left, Lock Right Over Left, Step Back On Left
- 7-8 Touch Right Toe Back, Unwind ½ Turn Right Facing 6'o' Clock

## **STEP, ¼ PIVOT, CROSS SHUFFLE, TOE TOUCHES, HITCH**

- 9-10 Step Forward On Left, ¼ Pivot Right Facing 9 'o' Clock
- 11&12 Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 13&14 Touch Right Toe To Right, Step Right By Left, Touch Left Toe To Left
- &15-16 Step Left By Right, Touch Right To Right, Hitch Right Knee

## **ROLLING VINE RIGHT, ¾ TURN, ¼ SIDE CHASSE**

- 17-18 Making ¼ Turn Right Stepping Forward On Right, Making ½ Turn Right Stepping Back On Left
- 19-20 Making ¼ Turn Right Step Right To Right, Touch Left By Right (Clap Hands) Facing 9 'o' Clock

## **NOTE:- Dance Finishes Here During 9th Wall Facing 12 'o' clock**

- 21-22 Making ¼ Turn Left Stepping Forward On Left, Making ½ Turn Left Stepping Back On Right
- 23&24 Making ¼ Turn Left Stepping Left To Left Step Right By Left, Step Left To Left Facing 9 'o' Clock

## **CROSS, BACK, SIDE CHASSE, CROSS, BACK, ¼ SIDE CHASSE**

- 25-26 Cross Right Over Left, Step Back On Left
- 27&28 Step Right To Right, Left By Right, Step Right To Right
- 29-30 Cross Left Over Right, Step Back On Right
- 31&32 Step Left To Left, Right By Left, Making ¼ Turn Left Stepping Forward On Left Facing 6 'o' Clock

## **CROSS, UNWIND, SIDE CHASSE, RIGHT HEEL JACK, STEP, CROSS, SIDE**

- 33-34 Cross Right Over Left, Unwind A Full Turn To Left
- 35&36 Step Left To Left, Step Right By Left, Step Left To Left
- 37&38 Cross Right Over Left, Step Left To Left, Extend Right Heel
- &39-40 Step Right By Left, Cross Left Over Right, Step Right To Right (Body Angled To 7 'o' Clock)

## **CROSS, UNWIND, RECOVER, ¼ SIDE CHASSE, TRAVELLING HEEL JACKS**

- 41-42 Cross Left Behind Right, Unwind ¾ Turn Left 9 'o' Clock
- 43&44 Making ¼ Turn Left Step To Right Step Left By Right Step Right To Right Facing 6 'o' Clock
- 45&46 Travelling To Right Cross Left Over Right, Step Right To Right, Extend Left Heel (Body Angled To 5'o' Clock)
- 47&48 Travelling To Right Cross Left Over Right, Step Right To Right, Extend Left Heel (Body Angled To 5'o' Clock)

## **TWIST, TWIST, TURN, KICK, COASTER STEP, KICK, KICK**

- 49-50 Twist Heels Left, Twist Heels Right  
51-52 Making ½ Turn Right Twist Heels Left, Kick Right Foot Forward (Body Angled To 11 'o' Clock)  
53&54 Turning To Face 12'o'Clock Step Back On Right, Step Left By Right, Step Forward On Right Facing 12'o' Clock  
55-56 Kick Left Foot To Front, Kick Left Foot To Left

**TURNING ¼ SAILOR TURN, STEP, ½ PIVOT, FULL TURN, FULL TURN**

- 57&58 To Face 9 'o Clock' Step Back On Left, Step Right By Left, Step Forward On Left Facing 9 'o' Clock  
59-60 Step Forward On Right, ½ Pivot Left Facing 3 'o' Clock  
61-62 Making ½ Turn Left Stepping Back On Right, Making ½ Turn Left Stepping Forward On Left Facing 3 'o' Clock  
63-64 Making ½ Turn Left Stepping Back On Right, Making ½ Turn Left Stepping Forward On Left Facing 3 'o' Clock

**START AGAIN**

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