

Swingin' Heart

Count: 32

Wall: 2

Level: Novice - smooth WCS

Choreographer: Josefin Blomkvist (SWE) - October 2013

Music: Super Duper Love - Joss Stone



FORWARD, ROCK, CROSS, SIDE, TRIPLE TURN $\frac{3}{4}$, STEP-TURN $\frac{1}{2}$

- 1 RF step forward
- 2 LF step forward
- & RF rock to side
- 3 LF recover
- 4 RF cross over L
- 5 LF step to side
- 6 RF turn $\frac{1}{2}$ to R and step to R side
- & LF turn $\frac{1}{4}$ to R and step forward
- 7 RF step forward
- 8 LF turn $\frac{1}{2}$ to L and put weight on LF

TOE STRUT WITH $\frac{1}{2}$ TURN x2, FORWARD, STEP-TURN $\frac{1}{2}$, FORWARD, TURN $\frac{3}{4}$

- 9 RF turn $\frac{1}{4}$ to L and touch R toe to R side
- 10 RF turn $\frac{1}{4}$ to L and step down
- 11 LF turn $\frac{1}{4}$ to L and touch L toe to L side
- 12 LF turn $\frac{1}{4}$ to L and step down
- 13 RF step forward
- 14 LF step forward
- & RF turn $\frac{1}{2}$ turn to R and put weight on R
- 15 LF step forward
- 16 RF close beside L and turn $\frac{3}{4}$ to L (face 12 o'clock)

SIDE, SLIDE, SAILOR, WAVE, $\frac{1}{4}$ TURN, ROCK-STEP BACK

- 17 LF step to side
- 18 RF slide towards L
- 19 RF cross behind L
- & LF step to side
- 20 RF step to side
- 21 LF cross behind R
- & RF turn $\frac{1}{4}$ to R and step forward
- 22 LF step forward
- 23 RF rock forward
- & LF recover
- 24 RF step back

DIAGONALLY BACK WITH HEEL TWIST, TOUCH, TURN $\frac{1}{2}$, WIZARD, WIZARD WITH $\frac{1}{4}$ TURN

- 25 LF step diagonally back to L and grind right heel
- 26 RF step diagonally back to R and grind left heel
- 27 LF touch back
- 28 LF turn $\frac{1}{2}$ to L and put weight on L
- 29 RF step to R diagonally (11:30)
- 30 LF cross behind R
- & RF step to R diagonally
- 31 LF step to L diagonally (7:30)
- 32 RF cross behind L

& LF turn $\frac{1}{4}$ to L and step forward

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