

Deep in My Heart

Count: 48

Wall: 4

Level: Easy Improver

Choreographer: Elin Lykke (DK) - July 2014

Music: Knee Deep In My Heart - Shane Filan



Sektion 1: R Point Cross & L Point Cross, 2 x walk R,L, R Mambo, Coaster Cross.

- 1 & 2 & Point right toe across left, step right beside left, Point left toe across right, step left beside.
- 3 – 4 Walk forward on right , Walk forward on left.
- 5 & 6 Step forward on right, step left in place, step right next to left
- 7 & 8 Step back on left, step right beside left, step left cross right..

Section 2: R Side, together, R Chasse, Pivot half turn right, L Shuffel forward.

- 1 – 2 Step right to right side, step left next to right,
- 3 & 4 Step right to right side, step left next to right, step right to right side.
- 5 – 6 Step forward on left, making half turn right (weight on right),
- 7 & 8 Step forward on left, step right next to left, step forward on left.

Sektion 3: Heel Switces x 2 R,L, Pivot half turn left, Shuffle half turn, L Coaster cross.

- 1 & 2 & Step right heel forward , together, step L heel forward, together
- 3 – 4 Step forward on right, make ½ left(weight on left).
- 5 & 6 Step ¼ left on right, step left next to right, step right ¼ left.
- 7 & 8 Step back on left, step right next to left, step left cross right.

Sektion 4: R Side, together, R Chasse, Pivot half turn right, L Shuffel forward.

- 1 – 2 Step right to right side, step left next to right,
- 3 & 4 Step right to right side, step left next to right, step right to right side.
- 5 – 6 Step forward on left, making half turn right (weight on right),
- 7 & 8 Step forward on left, step right next to left, step forward on left.

Sektion 5: R, L Walk forward,R Mambo, 2 x Walk Back L,R,. L Coaster.

- 1 – 2 Step forward on right, step forward on left.
 - 3 & 4 Step forward on right, step left in place, step right next to left
- (Restart from on Wall 5 facing 12 O'clock)**
- 5 - 6 Walk back on left, walk back on right.
 - 7 & 8 Step back on left, step right next to left, step forward on left.

Sektion 6: R Cross Rock Side, L Cross Rock Side, Pivot half turn left, Pivot ¼ turn left.

- 1 & 2 Step right cross left, step right to right side,
- 3 & 4 Step left cross right, step left to left side,
- 5 – 6 Step forward on right, make 1/2 turn left (weight on left)
- 7 – 8 Step forward on right, make 1/2 turn left (weight on left)

Restart during wall 5 (after Right Mambo section 5.) Facing 12 O'clock

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