

Nsync (My Heart)

Compte: 64

Mur: 4

Niveau: Easy Intermediate

Chorégraphe: Bina Pratama (INA) & Fonna Queentarina (INA) - September 2021

Musique: Tearin' Up My Heart - *NSYNC



Sequence : A16 - BBB - A16 - BBB - AA - BB16

Part A 32 Count

S1 WALK WALK OUT OUT IN IN KNEE POPS

- 1 - 2 Walk Forward RF, Walk Forward LF
- &3 Step RF to right, Step LF to left
- &4 Step RF to center, Step LF beside RF
- 5& Pop Knees out to respective side, Bring knees back to center
- 6& Pop Knees out to respective side, Bring knees back to center
- 7& Pop Knees out to respective side, Bring knees back to center
- 8& Pop Knees out to respective side, Bring knees back to center

S2 FORWARD MAMBO, BACK MAMBO, POINT TOUCH STEP, SAILOR ¼ TURN

- 1 & 2 Step R forward, recover on L, Step R back
- 3 & 4 Step L backward, recover on R, Step L forward
- 5 & 6 Point RF to Right, Touch RF beside LF, Step RF to right
- 7 & 8 Step LF back, Making ¼ left step RF to right & Step LF to left

S3 R SIDE ROCK X2, STEP SWEEP, JAZZ BOX

- 1 - 2 Rock R to R side, Recover L
- 3 - 4 Rock R to R side, Step L next to R while sweep R from side to front
- 5 - 6 Cross R over L, Step L back
- 7 - 8 Step R to R side, Step RF beside LF

S4 BRUSH, HITCH, TOGETHER, PIVOT ½, TRIPLE RUN

- 1 & 2 Brush R beside L, Hitch R knee up, Step R together
- 3 & 4 Brush L beside R, Hitch L knee up, Step L together
- 5 & 6 Step R forward ½ turn to L, L in place, R forward
- 7 & 8 Run forward L (7), R (&), L (8)

Part B 32 Count

S1 SLIDE R, DRAG L, DOUBLE STOMP, 360 L ROLLING TURN, STOMP

- 1,2,3 R slide a long step side R, Slowly drag L foot next to R, keeping weight on R
- &4 L stomp twice next to R
- 5 - 6 L step into ¼ turn L, R step into ¼ turn L
- 7 - 8 L step into ½ turn L, R stomp next to L, keeping weight on L

S2 KICK BALL SIDE TOUCH, BODY ROLL BACK

- 1 & 2 R kick forward, R Tab ball beside L, L side touch
- 3 & 4 L kick forward, L Tab ball beside R, R side touch
- 5,6,7,8 4 Count slow body roll up and back (Weight on L)

S3 SIDE ROCK, BEHIND, ¼ RIGHT TURN, FWD, PIVOT ½, PIVOT

- 1 - 2 Rock L to side, Recover on R
- 3 & 4 Step L behind R, ¼ turn right Step R fwd, L fwd
- 5 - 6 Rock R fwd, ¼ Left Recover on L
- 7 - 8 ½ Turn Left Rock R to side, Recover on L

S4 SYNCOPATED MONTEREY, PADDLE TURN ¼ LEFT, SIDE TOGETHER

1&2& Touch R to side, Step R together, Touch L to side, Step L together
3&4& Touch R to side, Step R together, Touch L to side, Step L together
5 - 6 Step R forward, Turn ¼ Left
7 - 8 RF Close beside LF

KEEP HEALTHY & ENJOY THE DANCE.

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