

Rhythm Of My Heart

Compte: 56

Mur: 4

Niveau: Improver

Chorégraphe: Glennys Croston (UK)

Musique: Rhythm of My Heart - Rod Stewart



RIGHT AND LEFT HEEL SWITCHES, CLAPS TWICE

- 1&2 Touch right heel forward step right beside left, touch left heel forward
- &3&4 Step left beside right touch right heel forward, clap clap
- &5 Step right beside left, touch left heel forward
- &6 Step left beside right, touch right heel forward
- &7&8 Step right beside left, touch left heel forward, clap clap

RIGHT & LEFT STEP LOCK STEP FORWARD, ROCK FORWARD RECOVER, HALF TRIPLE TURN RIGHT

- &9&10 Step forward on right bring left behind right, step forward on right
- 11&12 Step forward on left bring right behind left, step forward on left
- 13-14 Rock forward on right recover weight on left
- 15&16 Half triple right turn on right left right

STEP TURN RIGHT, FORWARD STEP LOCK STEP, CROSS ROCK, RIGHT CHASSE

- 17-18 Step forward on left, pivot half turn right
- 19&20 Step forward on left bring right behind left, step forward on left
- 21-22 Cross rock right over left, recover on left
- 23&24 Right side together side

CROSS ROCK RECOVER, QUARTER LEFT SHUFFLE FORWARD, PIVOT HALF TURN LEFT, RIGHT FORWARD SHUFFLE

- 25-26 Cross rock left over right, recover on right
- 27&28 Make quarter turn left, left forward shuffle
- 29-30 Step forward on right, pivot half turn left
- 31&32 Step forward on right, bring left to right, step forward on right

ROCK RECOVER, LEFT QUARTER TURN, CHASSE, CROSS SIDE BEHIND & CROSS

- 33-34 Rock forward on left, recover on right
- 35&36 Make quarter turn left side together side
- 37-38 Cross right over left, step left to side
- 39&40 Step right behind left, step left beside right, cross right over left

SIDE ROCK RECOVER, CROSS SHUFFLE, SIDE ROCK RECOVER, QUARTER RIGHT TURN, COASTER STEP

- 41-42 Rock to side on left, recover on right
- 43&44 Cross left over right, step right to side, cross left over right
- 45-46 Rock right to side recover on left
- 47&48 Make quarter turn right, coaster step

HALF PIVOT TURN RIGHT, FORWARD STEP LOCK STEP, ROCK FORWARD RECOVER, ROCK BACK RECOVER

- 49-50 Step forward on left, pivot half turn right
- 51&52 Step forward on left, bring right behind left, step forward on left
- 53-54 Rock forward on right, recover on left
- 55-56 Rock back on right recover on left

REPEAT

ending

For Rod Stewart track only: To finish the dance at the 7th wall (facing the back wall) complete counts 1-8 then cross right over left and unwind half turn left to finish dance facing your home wall.
