

# Swingin' Heart

Compte: 32

Mur: 2

Niveau: Novice - smooth WCS

Chorégraphe: Josefin Blomkvist (SWE) - October 2013

Musique: 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

Contact: [jossan@btl.se](mailto:jossan@btl.se)

---