My Heart Without Him

Niveau: Easy Intermediate

Chorégraphe: Kim-Fundanzer (MY) - January 2014

Musique: Wo Di Xin Li Mei You Ta - Cha Cha Dance Music

Mur: 4

Intro: 16 counts...approximately 12 secs

Compte: 32

SIDE ROCK, RECOVER, TRIPLE STEP, ROCK BACK, RECOVER, SHUFFLE FORWARD

- 1-2 Rock Rf to right, recover onto Lf
- 3&4 (Stepping Rf next to Lf) Cha-cha in place, R-L-R
- 5-6 Rock Lf back, recover onto Rf
- 7&8 Shuffle forward, L-R-L (12.00)

STEP, PIVOT 1/2 LEFT, SHUFFLE FORWARD, STEP, PIVOT 1/4 RIGHT, TRIPLE STEP IN PLACE

- 1-2 Step Rf Forward, Pivot ½ left
- 3&4 Shuffle Forward, R-L-R
- 5-6 Step Lf forward, pivot ¼ right
- 7&8 (Stepping Lf next to Rf) Cha-cha in place, L-R-L (9.00)

RIGHT MAMBO, LEFT MAMBO, SIDE TOUCH, FLICK 1/4 TURN LEFT, SHUFFLE FORWARD

- 1&2 Rock Rf to side, recover onto Lf, step Rf next to Lf
- 3&4 Rock Lf to side, recover onto Rf, step Lf next to Rf
- 5-6 Touch Right toe to the side, flick Right toe making ¼ turn left, on ball of Lf
- 7&8 Shuffle forward. R-L-R (6.00)

STEP, PIVOT 3/4 RIGHT, SIDE SHUFFLE, ROCK BACK, RECOVER, KICK-BALL-CHANGE

- 1-2 Step Lf forward, make ³/₄ turn right, stepping Rf in place
- 3&4 Shuffle to the side, L-R-L
- 5-6 Rock Rf back, recover onto Lf
- 7&8 Kick Rf slightly across Lf, step on ball of Rf next to Lf, Step Lf in place (3.00)

Restarts: -

At wall 4 (9 o'clock), dance to 16 counts, Restart dance, facing 6 o'clock

At wall 8 (3 o'clock), dance to 16 counts, Restart dance, facing 12 o'clock

Have fun, enjoy!

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