

# Hands on Heart

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Francien Sittrop (NL) - May 2014

Musique: Hand On Heart - Olly Murs : (Album: Right Place Right Time - Deluxe Edition)

**Intro: Start after 16 counts**

**[1 – 8] □ Step Fwd, Rocking Chair, ¾ Turn R with Lockstep, Mambo Step, Step Back, Together**

- 1 Step L fwd
- 2&3& Rock R fwd, Recover on L, Rock R back, Recover on L
- 4 & 5 ½ Turn R step R fwd, Lock L behind R, ¼ Turn R step R fwd (09.00)
- 6 & 7 Rock L fwd, Recover on R, Step L back
- 8 & Step R back, Step L next to R

**[9-16] □ Vaudeville , Prissy Walks, Step fwd, Pivot ½ L, Step fwd, Full Turn L**

- 1&2& Step R across L, Step L back, Touch R heel fwd, Step R down
- 3 – 4 Step L across R, Step R across L
- 5 & 6 Step L fwd , Pivot ½ Turn R, Step L fwd (03.00)
- 7 - 8 ½ Turn L step R back, ½ Turn L step L fwd

**[17-25] □ Side, Sailor Point, ¼ Turn L, Syncopated Jazz Box, Side Rock , ¼ L , Step fwd □**

- 1 Step R to R side
- 2 & 3 Sweep L behind R, Step R to R side, Point L to L side
- 4 ¼ Turn L step L down and sweep R fwd (12.00)
- 5 Step R across L
- 6 & 7 Step L back, Step R to R side, Step L across R
- 8 & 1 Rock R to R side, Recover on L making ¼ Turn L, Step R fwd (09.00)

**Hand options: count 3: You can put your hands on your heart and facing diag. right**

**[26-32] □ Cross, Full Turn R, Step fwd, Step Fwd, Pivot ¼ Turn R, ¾ Turn L, Step fwd**

- 2 – 3 Step L across R, Full Turn R (Weight on L)
- 4 Step R fwd
- 5 & 6 Step L fwd, Pivot ¼ Turn R, Step L across R (12.00)
- 7 & 8 ¼ Turn L step R back, ½ Turn L step L fwd , Step R fwd (03.00)

**Restart during wall 5 (facing 3 O'clock wall:**

**After count 16 add an & count Step R next to L and start again with count 1**

**Ending: End last wall after count 30 facing the front wall**

**Contact - Website: [www.franciensittrop.nl](http://www.franciensittrop.nl)**