

# This Old Heart

拍数: 64                      墙数: 4                      级数: Improver  
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音乐: This Old Heart of Mine - The Contours



Start on vocals, Restart wall 3.

**Section 1 Walk forward R/L/R Kick L forward, Walk backward L/R/L touch**

1,2,3,4.                      R foot forward, L foot forward, R foot forward, L forward kick.  
5,6,7,8                      L foot walk back, R foot back, L foot back touch R beside L.

**Section 2 Vine R, Vine L ¼ Turn.**

1,2,3,4.                      R foot side, L foot behind, R foot side, L foot touch. Beside R  
5,6,7,8.                      L side, R behind, L foot turn ¼ touch.

**Restart wall 3**

**Section 3 R diagonal forward step together, step together, L diagonal forward step together, step together.**

1,2,3,4,                      R foot step forward 1/8, L foot beside, R foot step forward, L foot beside.  
5,6,7,8                      L foot step forward 1/8, R foot beside, L foot step forward, R foot beside.

**Section 4 R, step diagonal back together, R step back together, L step diagonal back together, L step back together.**

1,2,3,4                      R foot step back 1/8, L foot beside. R foot step back, L foot beside.  
5,6,7,8                      L foot step back 1/8. R foot beside, L foot back, R beside.

**Section 5 R Side hold, Together Side touch, L side hold L Side Together Side, Touch**

1,2&3,4                      R foot to R side hold, L foot beside, R foot to R side L foot touch.  
5,6&7,8                      L foot to L side hold, R foot beside, L foot to L side, R foot touch.

**Section 6 R shuffle forward, step ½ turn, L shuffle forward, step ½ turn**

1&2,3,4                      R foot forward, L foot beside, R foot forward, L step forward making ½ turn,  
5&6,7,8                      L foot forward, R foot forward, R foot forward making ½ turn

**Section 7 figure 8**

1,2,3,4,                      R foot side, L foot behind, R foot side, step ¼ turn right,  
5,6,7,8                      Turn ½ right, step left foot to side, right foot behind, step left foot forward

**Section 8 R rock coaster, L rock coaster**

1,2,3&4                      R foot rock forward recover, step back right, left, step right foot forward  
5,6,7,8                      L foot rock forward recover, step back left, right, step left forward.

Hope you enjoy this dance!!