

# The Heart ♥

拍数: 55      墙数: 2      级数: Phrased Intermediate  
编舞者: Jan Eikenbroek (NL) - September 2022  
音乐: The Heart - NEEDTOBREATHE



A-7, B-16, C-16, D-16

Intro: 4 counts - Sequence: AA, B, AA, B, CC, DD, AA, BBB, CC, BB, CCCC, DD, CC-end

## Section A

### Shuffle R, Shuffle L, Rock & Back, ½ Turn L

1 & 2      RF step forward, LF next to RF, RF step forward  
3 & 4      LF step forward, RF next to LF, step forward  
5 & 6      RF rock forward, LF recover weight, step behind  
7          LF ½ turn left, step forward

## Section B

### Vauxdeville Right, Vauxdeville Left

1 2 &      RF step to right side, LF cross behind RF, RF next to LF  
3 & 4      LF heel diagonal left forward, LF close next to RF, RF cross over LF  
5 6 &      LF step to left side, RF cross behind LF, LF next to RF  
7 & 8      RF heel diagonal right forward, RF close next to LF, LF cross over RF

### Rock, Recover, Shuffle ½ Turn Right, Rock, Recover, Coaster Step

1 2          RF rock forward, LF recover weight  
3 & 4      RF ¼ turn right, LF next to RF, RF ¼ turn right  
5 6          LF rock forward, RF recover weight  
7 & 8      LV step behind, RF next to LF, LF step forward

## Section C

### Stamp (clap) Sailor Step ¼ Left, Stamp (clap) Sailor Step ¼ Left

1 2          RF stomp forward, Rest (clap)  
3 & 4      LF step behind ¼ turn left, RF next to LF, LF step forward  
5 6          RF Stomp forward, Rest (clap)  
7 & 8      LF step behind ¼ turn left, RF next to LF, LF step forward \*

### Rock, Recover, Shuffle ½ Turn Right, Pivot ½ Turn Right, Shuffle Forward

1 2          RF rock forward, LF recover weight  
3 & 4      RF ¼ turn right, LF close next to RF, RF ¼ turn right  
5 6          LF step forward, LF + RF pivot ½ turn right  
7 & 8      LF step forward, RF close next to LF, LF step forward

## Section D

### Kick Ball Cross, Side Rock, Recover ¼ Left, Kick Ball Step, Full Turn Left

1 & 2      RF kick forward, RF recover weight, LF cross over RF  
3 4          RF side rock, LF recover ¼ turn left  
5 & 6      RF kick forward, RF recover weight, LF step forward  
7 8          RF step forward ½ turn left, LF step behind ½ turn left

### Rock Forward ¼ Left, Cross Shuffle, Side Rock, Cross Shuffle

1 2          RF rock forward ¼ left, LF recover weight  
3 & 4      RF cross over LF, LF slightly step left, RF cross over LF  
5 6          LF side rock, RF recover weight  
7 & 8      LF cross over RF, RF slightly step right, LF cross over RF

**\* Ending: Dance C 8 counts, then Step ½ Turn Left, Drag Left Foot and Close**

1 2                      RF step forward, RF ½ turn left, LV drag next to RF

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