

# Here Is My Heart

拍数: 48                      墙数: 2                      级数: Intermediate  
编舞者: Sarah Jane Cox (UK)  
音乐: Here Is My Heart - Lionel Richie



## **SIDE, BEHIND, RONDE RIGHT, SIDE, BEHIND, HOLD WITH HANDS SPLAYED**

- 1-2                      Step right to right side, cross step left behind right
- 3-4                      Sweep right in front then around to right of right foot, stepping right behind left
- 5-6                      Step left to left side, cross step right over left
- 7-8                      Hold for two beats as you splay both hands out, elbows pointing down (as if you were motioning 'stop' or 'cut')

## **FORWARD, SIDE, LEFT SAILOR STEP, RIGHT SAILOR STEP, STEP, PIVOT ½-TURN RIGHT**

- 9-10                     Step forward on left foot, step right to right side
- 11&12                  Cross step left behind right, step right slightly to right side, step left beside right
- 13&14                  Cross step right behind left, step left slightly to left side, step right beside left
- 15-16                  Step forward on left, pivot a half-turn right (weight ends up on right)

## **SKATE LEFT-RIGHT-LEFT, HOLD/CLAPS, SKATE RIGHT-LEFT, TOUCH, HOLD/CLAPS**

- 17-18                  Skate left to left diagonal, skate right to right diagonal
- 19&20                  Skate left to left diagonal, hold for one beat as you clap hands twice
- 21-22                  Skate right to right diagonal, skate left to left diagonal
- 23&24                  Touch right beside left, hold for one beat as you clap hands twice (weight remains on right)

## **RIGHT GRAPEVINE WITH TOUCH, ROCK/RECOVER, LEFT COASTER STEP**

- 25-26                  Step right to right side, cross step left behind right
- 27-28                  Step right to right side, touch left beside right
- 29-30                  Rock forward on left foot, recover weight back onto right
- 31&32                  Step back on left, step right beside left, step forward on left

## **STEP FORWARD, HOLD, PIVOT ½-TURN LEFT, HOLD, TWICE**

- 33-34                  Step forward on right, hold for one beat
- 35-36                  Pivot a half-turn left (weight on right), hold for one beat
- 37-38                  Step forward on right, hold for one beat
- 39-40                  Pivot a half-turn left (weight on right), hold for one beat

## **WEAVE LEFT, RIGHT CROSS ROCK, LEFT CROSS ROCK**

- 41-42                  Cross step right over left, step left to left side
- 43-44                  Cross step right behind left, step left to left side
- 45&46                  Cross rock right over left, recover weight back onto left, step right beside left
- 47&48                  Cross rock left over right, recover weight back onto right, step left beside right

## **REPEAT**

## **TAG**

**At the end of the fifth wall only**

## **RIGHT ROCK/RECOVER, RIGHT COASTER STEP, ROCK/RECOVER, LEFT COASTER STEP**

- 1-2                      Rock right to right side, recover weight in place onto left
- 3&4                      Step back on right, step left beside right, step forward on right
- 5-6                      Rock left to left side, recover weight in place onto right
- 7&8                      Step back on left, step right beside left, step forward on left

**Weight is on the left foot ready to start again.**

