

# From The Heart

拍数: 32      墙数: 4      级数:  
编舞者: Alan Robinson (UK)  
音乐: In A Heartbeat - Rodney Atkins



## CROSS UNWIND, ¼ SHUFFLE RIGHT, ½ PIVOT RIGHT, LOCK STEP FORWARD

1-2            Cross right over in front of left, unwind a complete turn left keeping weight on left foot  
3&4           Step right to right, bring left next to right, step on right turning ¼ turn right  
5-6           Step forward on left, pivot ½ turn to right  
7&8           Step forward on left, lock right behind left, step forward on left

## STEP, ¾ SWEEP, SAILOR STEP, SIDE SWITCHES, ¾ UNWIND LEFT

9-10           Step forward on right, sweep left foot around turning ¾ turn left  
11&12        Step left behind right, step on right, step forward slightly on left  
13&14&       Touch right toe out to right, step right next to left (&), touch left toe out to left step left next to right(&)  
15-16        Cross right over in front of left, unwind ¾ turn left keeping weight on left

## FORWARD TOUCH, BACK TOUCH, DIAGONAL CROSS SHUFFLE LEFT, HIP BUMPS

17-18        Touch right toe across in front of left, touch right toe back  
19&20        Step right across in front of left, step diagonally forward on left, step right across in front of left  
21-22        Step left onto left bumping left hip to left, bump right hip to right  
23-24        Bump left hip to left, bump right hip to right

## FORWARD TOUCH, BACK TOUCH, DIAGONAL CROSS SHUFFLE, HIPS BUMPS, TAP, TAP KICK

25-26        Touch left toe across in front of right, touch left toe back  
27&28        Step left across in front of right, step diagonally forward on right, step left across in front of right  
29-30        Step right on right bumping right hip to right, bump left hip to right  
31&           Tap right toe twice  
32            Kick right foot forward

## REPEAT

On counts 21-24 and 29-30 (hip bumps), use your shoulders to move your body into the hip bump and make it a bigger, more fluid move. Body roll if you can.