

# Heart and I

拍数: 64      墙数: 4      级数: Advanced  
编舞者: Alan Birchall (UK) - December 2010  
音乐: Heart and I - Robbie Williams : (CD: In And Out Of Consciousness, Greatest Hits  
1990 - 2010)



**Start: Just Before Lyrics At Start Of The Beat (16 secs) 32 counts**

**Note: This dance continues until the very end of the track.**

## ROCK, RECOVER, LOCK STEPS BACK, TOUCH BACK, UNWIND

1-2            Rock Forward On Right, Recover On Left  
3&4           Step Back On Right, Lock Left Over Right, Step Back On Right  
5&6           Step Back On Left, Lock Right Over Left, Step Back On Left  
7-8           Touch Right Toe Back, Unwind ½ Turn Right Facing 6'o' Clock

## STEP, ¼ PIVOT, CROSS SHUFFLE, TOE TOUCHES, HITCH

9-10           Step Forward On Left, ¼ Pivot Right Facing 9 'o' Clock  
11&12        Cross Left Over Right, Step Right To Right, Cross Left Over Right  
13&14        Touch Right Toe To Right, Step Right By Left, Touch Left Toe To Left  
&15-16       Step Left By Right, Touch Right To Right, Hitch Right Knee

## ROLLING VINE RIGHT, ¾ TURN, ¼ SIDE CHASSE

17-18        Making ¼ Turn Right Stepping Forward On Right, Making ½ Turn Right Stepping Back On Left  
19-20        Making ¼ Turn Right Step Right To Right, Touch Left By Right (Clap Hands) Facing 9 'o' Clock

## NOTE:- Dance Finishes Here During 9th Wall Facing 12 'o' clock

21-22        Making ¼ Turn Left Stepping Forward On Left, Making ½ Turn Left Stepping Back On Right  
23&24        Making ¼ Turn Left Stepping Left To Left Step Right By Left, Step Left To Left Facing 9 'o' Clock

## CROSS, BACK, SIDE CHASSE, CROSS, BACK, ¼ SIDE CHASSE

25-26        Cross Right Over Left, Step Back On Left  
27&28        Step Right To Right, Left By Right, Step Right To Right  
29-30        Cross Left Over Right, Step Back On Right  
31&32        Step Left To Left, Right By Left, Making ¼ Turn Left Stepping Forward On Left Facing 6 'o' Clock

## CROSS, UNWIND, SIDE CHASSE, RIGHT HEEL JACK, STEP, CROSS, SIDE

33-34        Cross Right Over Left, Unwind A Full Turn To Left  
35&36        Step Left To Left, Step Right By Left, Step Left To Left  
37&38        Cross Right Over Left, Step Left To Left, Extend Right Heel  
&39-40       Step Right By Left, Cross Left Over Right, Step Right To Right (Body Angled To 7 'o' Clock)

## CROSS, UNWIND, RECOVER, ¼ SIDE CHASSE, TRAVELLING HEEL JACKS

41-42        Cross Left Behind Right, Unwind ¾ Turn Left 9 'o' Clock  
43&44        Making ¼ Turn Left Step To Right Step Left By Right Step Right To Right Facing 6 'o' Clock  
45&46        Travelling To Right Cross Left Over Right, Step Right To Right, Extend Left Heel (Body Angled To 5'o' Clock)  
47&48        Travelling To Right Cross Left Over Right, Step Right To Right, Extend Left Heel (Body Angled To 5'o' Clock)

## TWIST, TWIST, TURN, KICK, COASTER STEP, KICK, KICK

- 49-50 Twist Heels Left, Twist Heels Right  
51-52 Making ½ Turn Right Twist Heels Left, Kick Right Foot Forward (Body Angled To 11 'o' Clock)  
53&54 Turning To Face 12'o'Clock Step Back On Right, Step Left By Right, Step Forward On Right Facing 12'o' Clock  
55-56 Kick Left Foot To Front, Kick Left Foot To Left

**TURNING ¼ SAILOR TURN, STEP, ½ PIVOT, FULL TURN, FULL TURN**

- 57&58 To Face 9 'o Clock' Step Back On Left, Step Right By Left, Step Forward On Left Facing 9 'o' Clock  
59-60 Step Forward On Right, ½ Pivot Left Facing 3 'o' Clock  
61-62 Making ½ Turn Left Stepping Back On Right, Making ½ Turn Left Stepping Forward On Left Facing 3 'o' Clock  
63-64 Making ½ Turn Left Stepping Back On Right, Making ½ Turn Left Stepping Forward On Left Facing 3 'o' Clock

**START AGAIN**

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