

# Hands on Heart

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Francien Sittrop (NL) - May 2014  
音乐: Hand On Heart - Olly Murs : (Album: Right Place Right Time - Deluxe Edition)



**Intro: Start after 16 counts**

**[1 – 8] □ Step Fwd, Rocking Chair, ¾ Turn R with Lockstep, Mambo Step, Step Back, Together**

1                    Step L fwd  
2&3&              Rock R fwd, Recover on L, Rock R back, Recover on L  
4 & 5              ½ Turn R step R fwd, Lock L behind R, ¼ Turn R step R fwd (09.00)  
6 & 7              Rock L fwd, Recover on R, Step L back  
8 &                Step R back, Step L next to R

**[9-16] □ Vaudeville , Prissy Walks, Step fwd, Pivot ½ L, Step fwd, Full Turn L**

1&2&              Step R across L, Step L back, Touch R heel fwd, Step R down  
3 – 4              Step L across R, Step R across L  
5 & 6              Step L fwd , Pivot ½ Turn R, Step L fwd (03.00)  
7 - 8              ½ Turn L step R back, ½ Turn L step L fwd

**[17-25] □ Side, Sailor Point, ¼ Turn L, Syncopated Jazz Box, Side Rock , ¼ L , Step fwd □**

1                    Step R to R side  
2 & 3              Sweep L behind R, Step R to R side, Point L to L side  
4                    ¼ Turn L step L down and sweep R fwd (12.00)  
5                    Step R across L  
6 & 7              Step L back, Step R to R side, Step L across R  
8 & 1              Rock R to R side, Recover on L making ¼ Turn L, Step R fwd (09.00)

**Hand options: count 3: You can put your hands on your heart and facing diag. right**

**[26-32] □ Cross, Full Turn R, Step fwd, Step Fwd, Pivot ¼ Turn R, ¾ Turn L, Step fwd**

2 – 3              Step L across R, Full Turn R (Weight on L)  
4                    Step R fwd  
5 & 6              Step L fwd, Pivot ¼ Turn R, Step L across R (12.00)  
7 & 8              ¼ Turn L step R back, ½ Turn L step L fwd , Step R fwd □ (03.00)

**Restart during wall 5 (facing 3 O'clock wall:**

**After count 16 add an & count Step R next to L and start again with count 1**

**Ending: End last wall after count 30 facing the front wall**

**Contact - Website: [www.franciensittrop.nl](http://www.franciensittrop.nl)**