

# Heartstrings

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Gudrun Schneider (DE) & Tobias Jentzsch (DE) - February 2024  
音樂: Heartstrings - M-22 & Ella Henderson



The dance starts after 16 counts.

## SIDE R, BACK ROCK L WITH 1/8 TURN L, STEP-LOCK-STEP, HOLD, & STEP-LOCK-STEP

1-2-3      RF step right, LF step diagonally back, recover on RF (10:30)  
4&5      LF step forward, RF step behind LF, LF step forward  
6      hold  
&7&8      RF step behind LF, LF step forward, RF step behind LF, LF step forward

## CROSS WITH 1/8 TURN R, 1/4 TURN R, CHASSE R, CROSS L, SIDE R, SAILOR STEP WITH 1/4 TURN L

1-2      RF cross over LF with 1/8 turn right, LF step back (12:00)  
3&4      1/4 turn right, RF step right, LF step beside RF, RF step right (3:00)  
5-6      LF cross over RF, RF step right  
7&8      1/4 turn left, LF step back, RF step beside LF, LF step forward (12:00)

## POINT R - HOLD, & POINT L - HOLD, & CROSS ROCK R, SIDE ROCK R

1-2      RF point right, hold  
&3-4      RF step beside LF, LF point left, hold  
&5-6      LF step beside RF, RF cross over LF, recover on LF  
7-8      RF step right, recover on LF

## JAZZ BOX 1/4 TURN R, STEP 1/2 TURN L, FULL TURN L

1-2      RF cross over LF, 1/4 turn right, LF step back (3:00)  
3-4      RF step beside LF, LF step forward  
5-6      RF step forward, 1/2 turn left (9:00)  
7-8      1/2 turn left, RF step back (3:00), 1/2 turn left, LF step forward (9:00)

## ROCK & ROCK R+L, SHUFFLE BACK L, BACK ROCK R

1-2      RF step forward, recover on LF  
&3-4      RF step beside LF, LF step forward, recover on RF  
5&6      LF step back, RF step beside LF, LF step back  
7-8      RF step back, recover on LF

## SHUFFLE FWD R, ROCK FWD L, 1/2 TURN L – TOE STRUT L, 1/4 TURN L – TOE STRUT R

1&2      RF step forward, LF step beside RF, RF step forward  
3-4      LF step forward, recover on RF  
5-6      1/2 turn left, LF toe forward - LF heel down (3:00)  
7-8      1/4 turn left, RF toe right – RF heel down (12:00)

## BACK ROCK L, SIDE L - CLOSE, CROSS L – HOLD, & CROSS L, POINT R

1-2      LF step back, recover on RF  
3-4      LF step left, RF step beside LF  
5-6      LF cross over RF, hold  
&7-8      RF step right, LF cross over RF, RF point right

## CROSS R 1/4 TURN R, STEP BACK L, CHASSE R WITH 1/4 TURN R, CROSS ROCK, SIDE L, TOUCH R

1-2      RF cross over LF, 1/4 turn right – LF step back (3:00)  
3&4      1/4 turn right – RF step right, LF step beside RF, RF step right (6:00)

5-6 LF cross over RF, recover on LF  
7-8 LF step left, RF touch beside LF

**Have Fun**

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