

# Take It To Heart

拍數: 32      牆數: 4      級數: Improver  
編舞者: Peter Metelnick (UK)  
音樂: Take It To Heart - Lisa Erskine



## SHUFFLE, STEP, ½ PIVOT, TOUCHBACK, BACK, COASTER STEP

1&2      Step right foot forward, step left foot together, step right foot forward  
3      Step left foot forward  
4      Pivot ½ right with weight remaining on left foot  
5      Touch right toes back  
6      Step right foot down  
7&8      Step left foot back, step right foot together, step left foot forward

## STEP, TOUCH SIDE, CROSS, TOUCH SIDE, ROCK, RECOVER, ROCK BACK, RECOVER

9      Step right foot forward  
10      Touch left toes to left side (or kick left foot to left side)  
11      Cross left foot over right and step  
12      Touch right toes to right side (or kick right foot to right side)  
13      Step right foot forward and rock forward  
14      Recover weight on left foot  
15      Step right foot back and rock back  
16      Recover weight on left foot

## HEEL, HOOK, HEEL SWITCHES, TOUCH FORWARD, TOUCH SIDE, SAILOR SHUFFLE

17      Touch right heel forward  
18      Hook right foot across left shin  
19&      Touch right heel forward, step right foot together  
20&      Touch left heel forward, step left foot together  
21      Touch right toes forward  
22      Touch right toes to right side  
23&24      Cross right foot behind left and step, step left foot to left side, step right foot in place

**Optional: substitute a back shuffle for the sailor shuffle for beginners**

## SAILOR SHUFFLE, ROCK BACK, RECOVER, KICK-BALL-CHANGE, STEP, ¼ TURN

25&26      Cross left foot behind right and step, step right foot to right side, step left foot in place  
**(optional: substitute a back shuffle for the sailor shuffle for beginners)**  
27      Step right foot back and rock back  
28      Recover weight on left foot  
29&30      Kick right foot forward, step right together on ball of right foot, step left foot together  
31      Step right foot forward  
32      ¼ left pivot turn with weight ending on left foot

**Optional steps for those who like to spin: turn ¼ left and step right foot forward, spin full turn left with weight ending on left foot**

**REPEAT**