

# This Heart

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: William Sevone (UK)  
音樂: This Heart - Nanci Griffith



## 2X FORWARD SOFT SHOE SHUFFLES, WALK FORWARD: RIGHT-LEFT, FORWARD FLICK KICK, ½ RIGHT TOE STEP

1&2      Step forward onto right foot, step left foot slightly backward, step right foot in front of left toe  
3&4      Step forward onto left foot, step right foot slightly backward, step left foot in front of right toe  
**Counts 1-4 can be done with a slight 'sliding' motion**  
5-6      Walk forward: right, left  
7-8      Flick kick right foot forward, turn ½ right & step forward onto right toe (heel raised high)

## 2X FORWARD SHUFFLES WITH EXPRESSION (SEE DANCE NOTE), STEP FORWARD, FORWARD FULL TURN, ROCK FORWARD, ROCK

9&10      (Turning whole body diagonally right) step forward onto left foot, close right foot to left heel, step forward onto left foot  
11&12      (Turning whole body diagonally left) step forward onto right foot, close left foot to right heel, step forward onto right foot  
**On counts 9-12, though the body and feet are turned diagonal, the direction is forward**  
13-14      Step forward onto left foot, forward full turn right & step onto right foot  
15-16      Rock forward onto left foot, rock onto right foot

## ½ Left Step Forward, ¼ Left Side Step, Reverse Cross Shuffle, Side Tap, ¼ RIGHT STEP BACKWARD, ¼ RIGHT CROSS STEP-TOE TAP WITH EXPRESSION

17-18      Turn ½ left & step forward onto left foot, turn ¼ left & step right foot to right side  
19&20      Cross step left foot behind right, step right foot to right side, cross step left foot behind right  
21-22      Tap right toe to right side, turn ¼ right & step backward onto right foot  
23-24      Turn ¼ right & (body turned slightly right) cross step left foot over right, tap right toe to right side

**On counts 23-24, roll hands to the right**

## 2X CROSS STEP-TOE TAP WITH EXPRESSION, ¼ LEFT SHUFFLE FORWARD, ¼ LEFT KICK BALL CHANGE

25-26      (Body turned slightly left) cross step right foot over left, tap left toe to left side  
27-28      (Body turned slightly right) cross step left foot over right, tap right toe to right side  
**On counts 25-28: roll hands to the right**  
29&30      Turn ¼ left & step forward onto right foot, close left foot next to right, step forward onto right foot  
31&32      Kick left foot forward, turn ¼ left & step left foot next to right, step right foot in place

## REPEAT

## DANCE FINISH

The dance will finish on count 28 of the 12th wall, to finish facing the 'home' wall, substitute count 28 for the following:

28      Turn ¼ left & touch right toe backward (right hand on hat brim, left hand behind back)