

# Here Is My Heart

拍數: 96      牆數: 2      級數: Beginner  
編舞者: Elaine Chant (UK) & Laura Dyas (UK)  
音樂: Here Is My Heart - Lionel Richie



## STEP RIGHT, STEP LEFT TOGETHER, CHASSE RIGHT, LEFT & RIGHT SAILOR STEPS

1-2            Step right to right side, step left together  
3&4           Step right to right side, close left beside right, step right to right side  
5&6           Cross left behind right, step right to right side, step left to place  
7&8           Cross right behind left, step left to left side, step right to place

## STEP LEFT, STEP RIGHT TOGETHER, CHASSE LEFT, RIGHT & LEFT SAILOR STEPS

9-10           Step left to left side, step right together  
11&12        Step right to right side, close left beside right, step right to right side  
13&14        Cross right behind left, step left to left side, step right to place  
15&16        Cross left behind right, step right to right side, step left to place

## FORWARD ROCK, TRIPLE ½ TURN RIGHT, FORWARD ROCK, COASTER STEP

17-18        Rock forward on right, rock back on left  
19&20        Triple step making ½ turn right, stepping - right, left, right  
21-22        Rock forward on left, rock back on right  
23&24        Step back left, step right beside left, step forward left

## FORWARD ROCK, TRIPLE ½ TURN RIGHT, FORWARD ROCK, COASTER STEP

25-26        Rock forward on right, rock back on left  
27&28        Triple step making ½ turn right, stepping - right, left, right  
29-30        Rock forward on left, rock back on right  
31&32        Step back left, step right beside left, step forward left

## STOMP, HOLD, SAILOR STEP WITH ¼ TURN LEFT TWICE

33-34        Stomp right to right side, hold  
35&36        Cross left behind right, step right to place, step left ¼ turn left  
37-38        Stomp right to right side, hold  
39&40        Cross left behind right, step right to place, step left ¼ turn left

## FORWARD ROCK, TRIPLE ½ TURN RIGHT TWICE, BACK ROCK

41-42        Rock forward on right, rock back on left  
43&44        Triple step making ½ turn right, stepping - right, left, right  
45&46        Triple step making ½ turn right, stepping - left, right, left  
47-48        Rock back on right, rock forward on left

## ROCK & CROSS X 4 TRAVELING SLIGHTLY FORWARD

49&50        Rock right to right side, rock onto left in place, cross step right over left traveling slightly forward  
51&52        Rock left to left side, rock on right in place, cross step left over right traveling slightly forward  
53&54        Rock right to right side, rock onto left in place, cross step right over left traveling slightly forward  
55&56        Rock left to left side, rock on right in place, cross step left over right traveling slightly forward

## FORWARD ROCK, BACK LOCK, ½ PIVOT TURN, SHUFFLE FORWARD

57-58        Rock forward on right, rock back on left  
59&60        Step back on right, lock left over right, step back right

61-62 Left toe behind right heel, pivot ½ turn left  
63&64 Shuffle forward on a right, left, right

### **ROCK & CROSS X 4 TRAVELING SLIGHTLY FORWARD**

65&66 Rock left to left side, rock onto right in place, cross step left over right traveling slightly forward  
67&68 Rock right to right side, rock on left in place, cross step right over left traveling slightly forward  
69&70 Rock left to left side, rock on right in place, cross step left over right traveling slightly forward  
71&72 Rock right to right side, rock onto left in place, cross step right over left traveling slightly forward

### **FORWARD ROCK, BACK LOCK, ½ PIVOT TURN, SHUFFLE FORWARD**

73-74 Rock forward on left, rock back on right  
75&76 Step back on left, lock right over left, step back left  
77-78 Right toe behind left heel, pivot ½ turn right  
79&80 Shuffle forward on a left, right, left

### **RIGHT ROCK, CROSS SHUFFLE, LEFT ROCK, CROSS SHUFFLE**

81-82 Rock right to right side, rock onto left in place  
83&84 Cross right over left, step left to left side, cross right over left  
85-86 Rock left to left side, rock onto right in place  
87&88 Cross left over right, step right to right side, cross left over right

### **MAMBO STEPS**

89&90 Rock forward on right, rock back on left, step right beside left  
91&92 Rock back on left, rock forward on right, step left beside right  
93&94 Rock right to right side, step left in place, step right beside left  
95&96 Rock left to left side, step right in place, step left beside right

### **REPEAT**

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