

# My Heart and I

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Ryan King (UK) - October 2011  
音樂: Me, My Heart and I - Ashley Gearing



## Intro: 16 Counts

### Walk R Walk L, Rock & Cross, Step Back L, Back ¼ R, Cross Shuffle

1, 2      Walk forward Right, Walk forward Left.  
3 & 4      Rock Right to Right Side, Recover weight onto Left, Cross right over Left.  
5, 6      Step back Left, Step back Right making ¼ Right.  
7 & 8      Cross Left over Right, Step Right to Right Side, Cross Left over Right.

### Side, Rock Recover, ¼ L Shuffle, Stomp Hold & Step

1, 2      Step Right to Right side, Rock Left behind Right.  
3, 4 &      Recover weight onto Right, Step Left to Left side, Step Right next to Left.  
5, 6      Step ¼ Left, Stomp Right Foot forward.  
7 & 8      Hold, Step left next to Right, Step forward Right.

Restart here on third wall.

### L Rock Recover, L Coaster Step, 2 x ¼ Paddle Turns

1, 2      Rock forward Left, recover weight onto Right.  
3 & 4      Step back Left, Step Right next to Left, Step forward Left.  
5, 6      Step forward on right toe, push ¼ Left.  
7, 8      Step forward on right toe, push ¼ Left.

### Jazz Box Cross, Side Touch, Kick Ball Cross

1, 2      Cross Right over Left, Step back Left.  
3, 4      Step side Right, Cross Left over Right.  
5, 6      Step side Right, Touch Left next to Right.  
7 & 8      Kick Left foot diagonally Left, Step side Left, Cross Right over Left

### Kick Ball Cross, Kick Ball Cross, Rock Recover ¼ Sailor.

1 & 2      Kick Left foot diagonally Left, Step side Left, Cross Right over Left  
3 & 4      Kick Left foot diagonally Left, Step side Left, Cross Right over Left  
5, 6      Rock side Left, Recover onto Right.  
7 & 8      Step Left behind Right, Step back Right making ¼ Left, Step forward Left.

### R Rock Recover, Triple Step Full Turn, L Rock Recover, ½ L Shuffle

1, 2      Rock forward Right, Recover onto Left.  
3 & 4      Full Turn Triple Step (R L R)  
5, 6      Rock forward Left, Recover onto Right.  
7 & 8      Step ¼ Left, Step right next to Left, Step ¼ Left.

### R Toe Strut, L Toe Strut, Right Point Cross, Left Point Cross

1, 2      Step Right toe forward, Drop Right heel.  
3, 4      Step Left toe forward, Drop left heel.

Restart here on fourth wall.

5, 6      Point Right to Right side, Cross Right over Left.  
7, 8      Point Left to Left Side, Cross Left over Right.

### Kick Ball Step, Step Scuff, L Rock Recover, L Coaster

1 & 2      Kick Right forward, Step Right in place, Step forward Left.

3, 4            Step forward Right, Scuff Left.  
5, 6            Rock forward Left, Recover onto Right.  
7 & 8           Step back left, Step Right next to Left, Step forward Left.

**Restarts:**

**Wall 3 dance first 16 counts and start again.**

**Wall 4 dance 52 counts and start again.**

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