

# Heart Strings

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Ivonne Verhagen (NL) - March 2012  
音樂: Heartstrings (This Is Love) - Ben Saunders : (Album: You Thought You Knew Me  
By Now - iTunes)



Dance starts after 16 counts

**STEP SIDE, ROCK, STEP, STEP SIDE, CROSS BEHIND, STEP SIDE, CROSS OVER, SIDE ROCK STEP, CROSS OVER, ¼ TURN LEFT, ¼ TURN LEFT,**

1,2,&      RF step to the right side, lf rock back, rf weight back on rf.  
3,4,&      LF step to the left side, rf cross behind left, left step to the left side  
5,6,&      RF cross over lf, LF rock left side, RF weight on RF  
7,8,&      LF cross over RF, ¼ turn left & RF step back, ¼ turn left & LF step side

**CROSS ROCK STEP, STEP SIDE, CROSS ROCK STEP, STEP SIDE, BEND BOTH KNEES (GO DOWN) & COME UP, RF ROCK SIDE, WEIGHT BACK, FULL TURN LEFT**

1,2,&      RF cross rock over lf, weight back on lf, rf step to the right side  
3,4,&      LF cross rock over rf, weight back on rf, lf step to the left side

**Restart in wall 6**

5,6      Bend both knees & go down (also arms), Come up & step RF side (right arm to right side)  
7&8      ¼ turn left & LF step forward, ½ turn left & RF step back, ¼ turn left & LF step side

**CROSS ROCK STEP, SIDE (WRAPP IN), 1,1/4 TURN LEFT, ROCK STEP FORWARD, STEP BACK, STEP FORWARD, ½ TURN LEFT**

1&2      RF cross rock over LF, weight back on LF, RF step side (body turns right, wrap in)  
3&4      ¼ turn left & LF step forward, ½ turn left & RF step back, ½ turn left & LF step forward  
5&6      RF rock forward, weight back on LF, RF step back (move upper body back)  
7,8,&1      Move body forward & weight on LF, RF step forward, ½ turn left & weight on LF, RF step forward

**STEP FORWARD, WALK, WALK WALK, WALK BACK, WALK BACK, WALK BACK, SAILOR ¼ TURN LEFT, CROSS ROCK, STEP**

2&3      LF walk forward, RF walk forward, LF walk forward  
4,&5      RF walk back, LF walk back, RF walk back  
6&7      ¼ turn left & LF cross behind RF, Rf step side, LF step side  
8,&      RF cross rock over LF, LF step in place

**NOTE: Restart the dance after count 12 in wall 6**

End of the dance.

Have Fun!