

# A Perfect Heart

拍數: 64      牆數: 4      級數: Improver  
編舞者: Sebastiaan Holtland (NL) - June 2012  
音樂: Picking Up the Pieces - Paloma Faith : (CD: Fall to Grace. 2012 - iTunes)



16 count intro start dancing after the words "Do You"(14 sec).

**Sec 1: [1-8] Side Stomp, Hold, Behind, ¼ R, Side, Fwd Rock, Recover, L Coaster Step.**

1-2            Stomp Rf out to the right, Hold.  
3-4            Step Lf behind Rf, turn ¼ right (3) step Rf to the right.  
5-6            Rock Lf forward, recover on Rf.  
7&8           Step Lf back, step Rf next to Lf, step Lf forward. (3:00)

**Sec 2: [9-16] Fwd Rock, Recover, ¼ R, Side, Hold, Step, Side, Back Rock, Recover.**

1-2            Rock Rf forward, recover on Lf.  
3-4            Turn ¼ right (6) step Rf to the right, Hold.  
5-6            Step Lf forward, step Rf to the right.  
7-8            Rock Lf back, recover on Rf.

**Sec 3: [17-24] Side, Hold, Together, Side, Hold, Together, Side Rock, Recover, Behind, R Point.**

1-2            Step Lf to the left, Hold.  
&3-4           Step Rf next to Lf, step Lf to the left, Hold.  
&5-6           Step Rf next to Lf, rock Lf to the left, recover on Rf.  
7-8            Step Lf behind Rf, point Rf out to right. (6:00)

**Sec 4: [25-32] Jazz Box Across ¼ R, Touch, Lock Step, Hold.**

1-2            Cross Rf over Lf, turn ¼ right (9) step Lf back.  
3-4            Step Rf to the right, touch Lf beside Rf.  
5-6-7          Step Lf forward, lock Rf behind Lf, Lf step forward.  
8              Hold.

**Sec 5: [33-40] Fwd Rock, Recover, Side Rock, Recover, Behind, ¼ L, Side, Together, Hold.**

1-2            Rock Rf forward, recover on Lf.  
3-4            Rock Rf to the right, recover on Lf.  
5-6            Step Rf behind Lf, turn ¼ left (6) step Lf to the left.  
7-8            Step Rf next to Lf, Hold. \*\*Restart\*\*

Restart here WALL 3 after 40 count (Facing 6 o'clock) after start again (Facing 12 o'clock).

**Sec 6: [41-48] Fwd Rock, Recover, Side Rock, Recover, Behind, Side, Cross Rock, Recover.**

1-2            Rock Lf forward, recover on Rf.  
3-4            Rock Lf to the left, recover on Rf.  
5-6            Step Lf behind Rf, step Rf to the right.  
7-8            Cross rock forward on Lf, recover on Rf.

**Sec 7: [49-56] Side, Hold, Together, Side, Hold, Together, Side Rock, Recover, Behind, R Point.**

1-2            Step Lf to the left, Hold.  
3-4            Step Rf next to Lf, step Lf to the left, Hold.  
5-6            Step Rf next to Lf, rock Lf to the left, recover on Rf.  
7-8            Step Lf behind Rf, point Rf out to right.

**Sec 8: [57-64] Cross, ¼ R, Back, Back, Hook, Lock Step, Hold.**

1-2            Cross Rf over Lf, turn ¼ right (9) step Lf back.  
3-4            Step Rf back, Lf hook up across Rf.

5-6 Step Lf forward, lock Rf behind Lf, Lf step forward.  
7-8 Hold. (9:00)

**Start again and have fun!**

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