# Deep In My Heart



拍數: 48 牆數: 2 級數: High Beginner 編舞者: Lene Mainz Pedersen (DK) & Inge Vestergård (DK) - March 2014

音樂: Knee Deep In My Heart - Shane Filan



## There is an 8 count intro - start on Lyrics

## Point & Point &, Cross 1/4 Turn R, Coaster Step, Walk, Walk

1&2& Point R toe across left, Step R next to L, Point L toe across R, Step L next to R

3-4 Cross R over L, make 1/4 turn R stepping L back (3.00)

5&6 Step R back, Step L beside R, step R forward

7-8 Walk L, Walk R

#### Mambo Fwd, Mambo Back, Heelswitches x2, Point & Point &

Rock forward on L, recover weight onto R, step L next to R
Rock back on R, recover weight onto L, step R next to L

5&6& Touch L heel forward, step L next to R, touch R heel forward, step R next to L (\*\* Ending on

Wall 7

7&8& Point L to side, Step L next to R, Point R to side, Step R next to L

## Side Step, Chasse 1/4 turn L, Rock Step, Coaster Step

1-2 Step L to side, Step R next to L

3&4 Step L to side, Step R beside L, ¼ turn L stepping L forward (12.00)

5-6 Rock forward on R, Recover on L

7&8 Step R back, Step L beside R, step R forward

## Charleston Step x 4

1-4 Step L forward, point R forward, Step R back, Touch L back

5-8 Step L forward, point R forward, Step R back, Touch L back (\* Tag and restart Wall 5)

### Walk x 4 In A ½ Circle L, Step Lock Step, Side Rock

1-4 Make a  $\frac{1}{2}$  circle L walking L – R – L – R (6.00)

5&6 Step forward on L, Lock R behind L, Step forward on L

7-8 Rock R to R side, Recover on L

## Behind Side Cross, Side Rock Recover, Behind Side Cross, Side Rock Recover

1&2 Cross R behind L, Step L to side, Cross R in front of L

3-4 Rock L to L side, Recover on R

5&6 Cross L behind R, Step R to side, Cross L in front of R

7-8 Rock R to R side, Recover on L

## \*Tag & Restart

### Tag and Restart Happens On Wall 5 facing 12 o'clock After Charleston Step

1-2 Step L to side, step R next to L3-4 Step L to side, Touch R next to L

\*\* Ending: There is a small ending on Wall 7 facing 9 o'clock after Heel Switches: Step forward on L and make a ¼ turn R stepping forward on R facing 12 o'clock.

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