

Intro : (29 secs) Start on the words "My Heart is..." - (Total Song Duration 3m 2s)

S1: WALK, ROCK, RECOVER, RIGHT COASTER, STEP, 1/2 PIVOT RIGHT

1,2,3 Walk forward on left, Rock forward on right, Recover onto left [12.00]

4&5 Step back on right, Step left next to right, Step forward on right

6,7 Step forward on left, 1/2 pivot right [6.00]

S2: SHUFFLE 1/2 RIGHT, 1/4 RIGHT WITH HIP BUMPS, SIDE, 1/2 HINGE LEFT

8&1 1/4 turn right stepping left to left side, Step right next to left,

1/4 turn right stepping back on left [12.00]

2,3 1/4 turn right bumping hips right, Bump hips left [3.00]

4&5 Bump hips Right, Left, Right (ending with upper body torque right)

6,7 Step left to left side, 1/2 hinge turn left stepping right to right side [9.00]

S3: 1/2 HINGE CHASSE LEFT, CROSS ROCK, RECOVER, SIDE, LEFT CROSSING SHUFFLE, SIDE, 1/2 HINGE LEFT

8&1 1/2 turn left stepping left to left side, Step right next to left, Step left to left side. [3.00]

2,3 Cross rock right over left, Recover onto left

4 Step right to right side

5&6 Cross left over right, Step right to right side, Cross left over right

7,8 Step right to right side, 1/2 hinge turn left stepping left to left side [9.00]

S4: 1/2 HINGE SIDE ROCK , RECOVER, VINE LEFT, SIDE ROCK, RECOVER, VINE RIGHT

1,2 1/2 hinge turn left rocking right to right side diagonal, Recover onto left [3.00]

3&4 Cross right behind left, Step left to left side, Cross right over left

5,6 Rock onto left side diagonal, Recover onto right

7&8 Cross left behind right, Step right top right side, Cross left over right

S5: STEP, 1/2 PIVOT, RIGHT LOCK, STEP, 1/2 PIVOT, WALK L, R

1,2 Step forward on right, 1/2 pivot turn left [9.00]

3&4 Step forward on right, Lock left behind right, Step forward on right

Restart: Here during wall 2 – You will be facing the front wall.

5,6 Step forward on left, 1/2 pivot turn right [3.00]

7,8 Walk forward Left, Right

Restart: After 36 counts of wall 2 – Restart the dance from the beginning.

TAG: At the end of wall 5 there is a 4 count tag.

LEFT ROCKING CHAIR

1,2 Rock forward onto left, Recover onto right

3,4 Rock back on left, Recover onto right
