

Hands On My Heart

Choreographer: Vivienne Scott

Level: Easy Intermediate

Count: 64

Wall: 4

Intro: start on lyrics

Music: "Don't Take Your Hands Off My Heart" by Dawn Sears



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[1-8] CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE

1-2 Cross rock R over L, recover on L,
3&4 Shuffle to the right stepping, r,l,r
5-6 Cross rock L over R, recover on R
7&8 Shuffle to the left stepping, l,r,l

[9-16] ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE, PIVOT 1/2 TURN, SHUFFLE FORWARD

1-2 Rock forward on R, recover on L
3&4 Turn 1/2 R and shuffle forward, r,l,r
5-6 Step L forward, pivot 1/2 turn R
7&8 Shuffle forward stepping l,r,l

[17-24] ROCK FORWARD, RECOVER, 1/4 TURN SHUFFLE, WEAVE

1-2 Rock forward on R, recover on L
3&4 Turn 1/4 R and shuffle to the right stepping r,l,r
5-8 Cross L over R, step R to R side, step L behind R, step R to R side

[25-32] CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE, PIVOT 1/2 TURN X 2

1-2 Cross rock L over R, recover on R
3&4 Turn 1/4 L and shuffle in place stepping l,r,l
5-6 Step R forward, pivot 1/2 turn L
7-8 Step R forward, pivot 1/2 turn L

(Easier Option for 5-8 Rocking Chair)

[33-40] SHUFFLE FORWARD, PIVOT 1/2 TURN X 2, SHUFFLE FORWARD

1&2 Shuffle forward stepping r,l,r
3-4 Step L forward, pivot 1/2 turn R
5-6 Step L forward, pivot 1/2 turn R
7&8 Shuffle forward stepping l,r,l

(Easier Option for 3-6 Rocking Chair)

[41-48] ROCKS FORWARD, SIDE, BACK, SWAYS

1-4 Rock forward on R, recover on L, rock R to right side, recover on L
5-8 Rock back on R, recover on L, step R to right side & sway R, sway L

[49-56] STEP, HOLD, ROCK BACK, RECOVER, STEP TURNS, SHUFFLE FORWARD

1-2 Step R to right side, hold
3-4 Rock back on L, recover on R
5-6 Turn 1/4 R & step L to left side, turn 1/2 R & step R forward
7&8 Shuffle forward stepping l,r,l

[57-64] R DIAGONAL LOCK FORWARD, BRUSH, L DIAGONAL LOCK FORWARD, BRUSH

1-4 Step R to right diagonal, lock L behind R, step R to right diagonal, brush L beside R
5-8 Step L to left diagonal, lock R behind L, step L to left diagonal, brush R beside L

Repeat

RESTART: On 4TH wall facing 3 o'clock, dance first 16 counts, then start again

There is also a partner version of this dance.

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