

My Tender Heart



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Choreographer: Katrin Gäbler

Count: 64

Wall: 4

Level: Intermediate

Intro: 8 counts from the heavy beat, begin on lyrics

Music: "My Tender Heart" by Lionel Richie

[1-8]	Cross, Rock, Recover, Chassé Right, Cross Rock, Recover, Chassé ¼ Left	
1-2	Step right across left, weight back on left	12.00
3&4	Step right to right, (&) close left next to right, step right to right	12.00
5-6	Step left across right, weight back on right	12.00
7&8	Step left to left, (&) close right next to left, step left ¼ left fwd	9.00
[9-16]	Prissy Walk R+L, Step, Lock Step, Rock Step, Recover, ¾ Triple Turn Left	
1-2	Step right across left fwd, step left across right fwd	9.00
3&4	Step right fwd, (&) cross left behind right, step right fwd	9.00
5-6	Rock left fwd, weight back on right	9.00
7&8	¾ Triple Turn on place stepping l,r,l	12.00
[17-24]	Step, Touch Back, Shuffle Back, Back, Touch Fwd, Shuffle Fwd	
1-2	Step right fwd, touch left behind right (Body angled a little left)	12.00
3&4	Step left back, close right next to left, step left back	12.00
5-6	Step right back, touch left fwd (Body angled a little right)	12.00
7&8	Step left fwd, (&) close right next to right, step left fwd	12.00
	Tag and Restart here in wall 6! (9.00)	
[25-32]	Sway, Sway, Chassé Right, Sway, Sway, Chassé Left	
1-2	Step right to right and sway hips right & left	12.00
3&4	Step right to right, (&) close left next to right, step right to right	12.00
5-6	Step left to left and sway hips left & right	12.00
7&8	Step left to left, (&) close right next to left, step left to left	12.00
[33-40]	Cross, Side, Sailor Step, Cross, Side, Sailor Turn ½ Left with Cross	
1-2	Step right across left, step left to left	12.00
3&4	Cross right behind left, (&) step left to left, step right to right	12.00
5-6	Step left across right, step right to right	12.00
7&8	½ turn left and cross left behind right, (&) step right to right, step left across right	6.00
[41-48]	Side, Hold, & Side, Touch, Side, Hold, & Side, Touch	
1-2	Step right to right, Hold	6.00
3&4	(&) close left next to right, step right to right, touch left next to right	6.00
5-6	Step left to left, Hold	6.00
7-8	(&) close right next to left, step left to left, touch right next to left	6.00
[49-56]	Back Rock, Recover, Shuffle Fwd, Jazz Box with Hold	
1-2	Rock right back, recover on left	6.00
3&4	Step right fwd, (&) step left next to right, step right fwd	6.00
5-6	Step left across right, step right back	6.00
7&8	Step left to left, Hold *** Restart here in wall 1 & 3***	6.00
[57-64]	Cross, Sweep, Cross Shuffle, & Point, ¼ Left Down, Step, Step	
1-2	Step right across left, sweep left from back to front	6.00
3&4	Step left across right, (&) step right to right, step left across right	6.00
&5-6	(&) step right to right, point left to left, ¼ turn left stepping left down	3.00
7-8	Step fwd on right + left	3.00

Repeat

Tag 4 Counts Tag during wall 6 after count 24 (Shuffle fwd) ! Start over again

[1-4]	Side Left and Hip Sways R,L,R,L	
1-4	Step Right And Sway Hips R,L,R,L	9.00