

Heavy Heart

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Chorgraphie par : Lee Hamilton, Stephen & Lesley McKenna

Description : 64 temps, 2 murs, Intermediaire, Mai 2017

Musique : Frames by Lee DeWyze



Intro: 32 Counts

[Section 1] R shuffle fwd, L fwd, 1/4 R pivot turn, cross L, 1/4 L stepping R back, L coaster step

- 1 & 2 Step R fwd, close L beside R, step R forward (12:00)
- 3 4 Step L fwd, pivot 1/4 R (03:00)
- 5 6 Cross L over R, make a 1/4 L by stepping R back (12:00)
- 7 & 8 Step L back, close R beside L, step L fwd (12:00)

[Section 2] R fwd, L hitch, L coaster step, 1/4 L stepping R side, hold, ball side, L touch

- 1 2 Step R fwd, hitch L knee (12:00)
- 3 & 4 Step L back, close R beside L, step L fwd (12:00)
- 5 6 Make a 1/4 L by stepping R to right side, hold (09:00)
- & 7 8 Step ball of left beside right, step R to right side, touch L beside right (09:00)

[Section 3] 1/4 L stepping L fwd, 1/4 L stepping R side, L behind, ball cross, R side rock, together, switch toes L & R

- 1 2 Make a 1/4 L by stepping L fwd, Make a 1/4 L by stepping R to right side (03:00)
- 3 & 4 Cross L behind R, step R to right side, cross L over R (03:00)
- 5 6 & Rock R to right side, recover, close R beside L (03:00)
- 7 & 8 Point L toe to left side, close L beside R, point R toe to right side (03:00)

[Section 4] R sailor, 1/4 Sailor Left, R jazz box, L shuffle fwd

- 1 & 2 Step R foot behind L, step L to left side, recover onto R (03:00)
- 3 & 4 Cross L 1/4 left behind R, small step R to right side, recover onto L (12:00)
- 5 6 7 Cross R over L, step L back, step R to right side (12:00)
- 8 & 1 Step L fwd, close R beside L, step L forward (12:00)

[Section 5] R rock fwd, 1/2 shuffle R, 1/4 R stepping L side, R kick, R out, L out, ball cross L

- 2 3 Rock R fwd, recover onto L (12:00)
- 4 & 5 Step R 1/4 right, step L beside R, step R 1/4 right fwd (06:00)

6 7 Make a ¼ R by stepping L to left side, kick R fwd (09:00)
& 8 & 1 Step R to right side, step L to left side, close R beside L, cross L over R (09:00)

[Section 6] Hold, R out, L out, ball cross L, R chasse, L sailor

2 Hold (09:00)
& 3 & 4 Step R to right side, step L to left side, close R beside L, cross L over R (09:00)
5 & 6 Step R to right side, step L beside right, step R to right side (09:00)
7 & 8 Step L foot behind R, step R to right side, recover onto L (09:00)

[Section 7] R cross shuffle, back shuffle ¼ R, 1/2 shuffle R, L mambo

1 & 2 Cross R over left, step L to left side, cross R Right over left (09:00)
3 & 4 Make a 1/4 R by stepping back on L, close R beside L, step back on L (12:00)
5 & 6 Step R ¼ right, step L beside R, step R ¼ right fwd (06:00)
7 & 8 Rock L fwd, recover onto R, close L beside R (06:00)

[Section 8] Walk back R & L, R ball rock, L back shuffle, R out, L out, R touch

1 2 & Step R back, step L back, close R beside L (06:00)
3 4 Rock L fwd, recover onto R (06:00)
5 & 6 Step back on L, close R beside L, step back on L (06:00)
& 7 8 Step R to right side, step L to left side, touch R beside L (06:00)

Taglet: Step change on Wall 2 Section 6 – counts 7 & 8 become a Sailor 1/4 L back to 12 O’Clock

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