

From The Heart

32 count, 4 wall

Choreographer: Leyonee Forbes (Sco)

Choreographed to: The Heart Stops The Clock on

CD: Steppin' Country Vol 4

STEP SIDE, ROCK, ROCK, R STEP CLOSE TURN, SPOT TURN, ROCK & CROSS

- 1,2,3** Step L to L side, cross rock R over L, recover onto R
4&5 Step R to R side, step L next to R, step R fwd making $\frac{1}{4}$ turn R
6,7 Step L fwd, on balls of feet make $\frac{1}{2}$ turn R
8&1 Rock L to L side, step R next to L, cross step L over R

POINT CROSS, L LOCK L, ROCK, ROCK, COASTER STEP

- 2,3** Point R to R side, cross step R fwd
4&5 Step L fwd, lock step R behind L, step L fwd
6,7 Rock fwd R, recover back onto L
8&1 Step R back, step L next to R, step R fwd

STEP TURN, BEHIND, SIDE, CROSS, ROCK SIDE, R STEP CLOSE STEP

- 2,3** Step L fwd, on balls of feet make $\frac{1}{4}$ turn R, weight on R
4&5 Step L behind, step R to R side, cross step L over R
6,7 Side rock R to R side, recover onto L
8&1 Step R to R side, step L next to R, step R to R side

ROCK & CROSS, ROCK & TURN, SPOT TURN, STEP CLOSE STEP

- 2&3** Cross rock L over R, recover onto R, step L to L side
4&5 Cross rock R over L, recover onto L, step R fwd making $\frac{1}{4}$ turn R
6,7 Step L fwd, on balls of feet make $\frac{1}{2}$ turn R
8&1 Step L to L side, step R next to L, step L to L side