

From The Heart

32 count, 4 wall, intermediate level

Choreographer: Gemsie (UK) Sept 2004

Choreographed to: Straight From the Heart by Bryan Adams, So Far So Good

Start: 8 counts after the beginning of the track

Step slide rock back. Side behind & cross x3

- 1-2& Step left to left side, slide right behind left & rock on the right recover weight left.
- 3-4& step right to right side, cross left behind & step right to right whilst crossing left in front.
- 5-6& step right to right side, cross left behind & step right to right whilst crossing left in front.
- 7-8& step right to right side, cross left behind & step right to right whilst crossing left in front.

Rock, behind side cross, rock coaster ¼ turn

- 1-2 Rock right to right side, recover weight on left
- 3&4 Step right behind left step left to left side & cross right in front of left.
- 5-6 Rock left to left side, recover weight on right
- 7&8 Make a ¼ turn left stepping back on the left step right together step forward on left.

Rock triple 1 ½ turn rock shuffle back

- 1-2 Rock forward on right recover weight on left
- 3&4 Make a 1 ½ triple turn right stepping right left right (alternatively you could do a triple ½ turn)
- 5-6 Rock forward on left recover weight on right
- 7&8 shuffle back left stepping left right left.

Sweep unwind shuffle, x2 rock and cross

- 1-2 Make a ½ turn right sweeping the right foot round weight right (Restart after wall 7)
- 3&4 Shuffle forward left stepping left right left
- 5-6 Make a ½ turn left sweeping the right (keep weight left)
- 7&8 Rock right to right side recover & cross in front of left.

TAG 8 Count tag Danced after wall 5

- Rock recover shuffle x2
- 1-2 Rock left to left side recover weight on right
- 3&4 Shuffle forward stepping left right left
- 5-6 Rock right to right side recover weight on left
- 7&8 Shuffle forward right stepping right left right.

Restart

There is a restart on wall 7. Start the dance again after the first sweep in section 4; your weight will be on your right foot leaving you're left to start again.