

Hands On Heart

INTERMEDIATE

32 Count 4 Walls

Choreographed by: Francien Sittrop

Choreographed to: Hand On Heart by Olly Murs

1 - 8 Step Fwd, Rocking Chair, 3/4 Turn R with Lockstep, Mambo Step, Step Back, Together
1 Step L fwd
2 & 3 & Rock R fwd, Recover on L, Rock R back, Recover on L
4 & 5 1/2 Turn R step R fwd, Lock L behind R, 1/4 Turn R step R fwd (09.00)
6 & 7 Rock L fwd, Recover on R, Step L back
8 & Step R back, Step L next to R

9 - 16 Vaudeville , Prissy Walks, Step fwd, Pivot 1/2 L, Step fwd, Full Turn L
1 & 2 & Step R across L, Step L back, Touch R heel fwd, Step R down
3 - 4 Step L across R, Step R across L
5 & 6 Step L fwd , Pivot 1/2 Turn R, Step L fwd (03.00)
7 - 8 1/2 Turn L step R back, 1/2 Turn L step L fwd

17 - 25 Side, Sailor Point, 1/4 Turn L, Syncopated Jazz Box, Side Rock , 1/4 L , Step fwd
1 Step R to R side
2 & 3 Sweep L behind R, Step R to R side, Point L to L side
4 1/4 Turn L step L down and sweep R fwd (12.00)
5 Step R across L
6 & 7 Step L back, Step R to R side, Step L across R
8 & 1 Rock R to R side, Recover on L making 1/4 Turn L, Step R fwd (09.00)

Hand options: count 3: You can put your hands on your heart and facing diag. right

26 - 32 Cross, Full Turn R, Step fwd, Step Fwd,Pivot 1/4 Turn R, 3/4 Turn L, Step fwd
2 - 3 Step L across R, Full Turn R (Weight on L)
4 Step R fwd
5 & 6 Step L fwd, Pivot 1/4 Turn R, Step L across R (12.00)
7 & 8 1/4 Turn L step R back, 1/2 Turn L step L fwd , Step R fwd (03.00)

Restart during wall 5 (facing 3:00 wall: After count 16 add an & count Step R next to L and start again with count 1

Ending: End last wall after count 30 facing the front wall