

## Hands On My Heart

### IMPROVER

64 Count 4 Walls

Choreographed by: Vivienne Scott

Choreographed to: Don't Take Your  
Hands Off My Heart by Dawn Sears

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#### **1 - 8 CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE**

1 - 2 Cross rock R over L, recover on L  
3 & 4 Shuffle to the right stepping R, L, R  
5 - 6 Cross rock L over R, recover on R  
7 & 8 Shuffle to the left stepping L, R, L

#### **9 - 16 ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE, PIVOT 1/2 TURN, SHUFFLE FORWARD**

1 - 2 Rock forward on R, recover on L  
3 & 4 Turn 1/2 R and shuffle forward stepping R, L, R  
5 - 6 Step L forward, pivot 1/2 turn R  
7 & 8 Shuffle forward stepping L, R, L

#### **16 - 24 ROCK FORWARD, RECOVER, 1/4 TURN SHUFFLE, WEAVE**

1 - 2 Rock forward on R, recover on L  
3 & 4 Turn 1/4 R and shuffle to the right stepping R, L, R  
5 - 8 Cross L over R, step R to right side, step L behind R, step R to right side

#### **25 - 32 CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE, PIVOT 1/2 TURN X 2**

1 - 2 Cross rock L over R, recover on R  
3 & 4 Turn 1/4 L and shuffle in place stepping L, R, L  
5 - 6 Step R forward, pivot 1/2 turn L  
7 - 8 Step R forward, pivot 1/2 turn L  
(5 - 8) Easier Option: Rocking Chair

#### **33 - 40 SHUFFLE FORWARD, PIVOT 1/2 TURN X 2, SHUFFLE FORWARD**

1 & 2 Shuffle forward stepping R, L, R  
3 - 4 Step L forward, pivot 1/2 turn R  
5 - 6 Step L forward, pivot 1/2 turn R  
7 & 8 Shuffle forward stepping L, R, L  
(3 - 6) Easier Option: Rocking Chair

#### **41 - 48 ROCKS FORWARD, SIDE, BACK, SWAYS**

1 - 4 Rock forward on R, recover on L, rock R to right side, recover on L  
5 - 6 Rock back on R, recover on L  
7 - 8 step R to right side & sway R, sway L

#### **49 - 56 STEP, HOLD, ROCK BACK, RECOVER, STEP TURNS, SHUFFLE FORWARD**

1 - 2 Step R to right side, hold  
3 - 4 Rock back on L, recover on R  
5 - 6 Turn 1/4 R & step L to left side, turn 1/2 R & step R forward  
7 & 8 Shuffle forward stepping L, R, L

#### **57 - 64 R DIAGONAL LOCK FORWARD, BRUSH, L DIAGONAL LOCK FORWARD, BRUSH**

1 - 4 Step R to right diagonal, lock L behind R, step R to right diagonal, brush L beside R  
5 - 8 Step L to left diagonal, lock R behind L, step L to left diagonal, brush R beside L

**Restart On 4TH wall facing 3 o'clock, dance first 16 counts, then start again**

**There is also a partner version of this dance.**