



Web site: [www.linedancermagazine.com](http://www.linedancermagazine.com)

E-mail: [admin@linedancermagazine.com](mailto:admin@linedancermagazine.com)

## Hanging Up My Heart

32 Count, 2 Wall, Beginner

Choreographer: Ole Jacobson (DE) March 2013

Choreographed to: Hanging Up My Heart. von Emmylou Harris  
& Rodney Crowell (140bpm)

---

**INTRO:** (after 12 count)

**Pivot 1/2 L (2x)**

1,2 Step forward - 1/2 L rotation on both paw

3,4 Step forward - 1/2 L rotation on both paw

**DANCE:**

**S1 Rockin 'Chair, Step Step Look, Scuff**

1,2 Step forward and burden - weight to left

3-4 Step back - weight on left Cross left behind right

5,6 Step forward on right

7,8 Step forward - LF forward swing (heel on ground Strip)

**S2 Step, 1/2 Turn R, Walk, Point, Cross, 1/2 Turn R, Kick**

1,2 Step forward - 1/2 turn R (weight on right)

3,4 Step forward - step right forward

5,6 touch L to L - cross left over right

7,8 1/2 R stepping back on right - RF kick diagonally forward R

**S3 Jazz Box With 1/4 Turn R, Cross, 3/4 Turn L, Stomp**

1,2 RF with large arch over cross left - 1/4 turn R, step L back

3,4 RF small step to R - Cross left over right

5,6 1/4 turn L, Step back - 1/2L-Drehung, step left forward

7,8 Stomp right forward - stomp left beside right (weight on left)

**S4 Kick, Hook, Kick, Flick, Pivot Turn 1/2 L (2x)**

1,2 RF kick forward - RF lift and bend your right leg in front of left shin

3,4 RF kick forward - Step right behind left bend

5,6 Step forward - 1/2 pivot turn L (weight on left)

7,8 Step forward - 1/2 pivot turn L (weight on left)