



Approved by:

Alan G. Birchall

Heart And I

4 WALL – 64 COUNTS – ADVANCED

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 2 3 & 4 5 & 6 7 – 8	Forward Rock, Back Lock Step x 2, Touch Back, Unwind 1/2 Rock forward on right. Recover onto left. Step right back. Lock left across right. Step right back. Step left back. Lock right across left. Step left back. Touch right toe back. Unwind 1/2 turn right. (6:00)	Forward Rock Back Lock Back Back Lock Back Touch Unwind	On the spot Back Turning right
Section 2 1 – 2 3 & 4 5 & 6 & 7 – 8	Step, Pivot 1/4, Cross Shuffle, Toe Touches, Hitch Step left forward. Pivot 1/4 turn right. (9:00) Cross left over right. Step right to right side Cross left over right. Touch right toe to right side. Step right beside left. Touch left toe to left side. Step left beside right. Touch right to right side. Hitch right knee.	Step Turn Cross Shuffle Touch & Touch & Touch Hitch	Turning right Right On the spot
Section 3 1 – 2 3 – 4 Note 5 – 6 7 & 8	Rolling Vine Right, Rolling Vine Left into Chasse Make 1/4 turn right stepping right forward. Make 1/2 turn right stepping left back. Make 1/4 turn right stepping right to right side. Touch left beside right. (Clap hands) Wall 9: Dance finishes here (facing 12:00) Make 1/4 turn left stepping left forward. Make 1/2 turn left stepping right back. Make 1/4 turn left stepping left to side. Close right beside left. Step left to left side.	Turn Turn Turn Touch Turn Turn Turn Chasse	Turning right Turning left
Section 4 1 – 2 3 & 4 5 – 6 7 & 8	Cross, Back, Chasse, Cross, Back, Chasse 1/4 Turn Cross right over left. Step left back. Step right to right side. Close left beside right. Step right to right side. Cross left over right. Step right back. Step left to left side. Close right beside left. Make 1/4 turn left stepping left forward.	Cross Back Side Close Side Cross Back Chasse Turn	Back Right Back Turning left
Section 5 1 – 2 3 & 4 5 & 6 & 7 – 8 Note	Cross, Unwind Full Turn, Chasse, Heel Jack, Ball Cross, Side Cross right over left. Unwind full turn left. (6:00) Step left to left side. Close right beside left. Step left to left side. Cross left over left. Step left to left side. Touch right heel forward. Step right beside left. Cross left over right. Step right to right side. Counts & 7 - 8: Body angled to 7:00	Cross Unwind Side Close Side Cross & Heel & Cross Side	Turning left Left Right
Section 6 1 – 2 3 & 4 5 & 6 7 & 8	Cross, Unwind 3/4, Chasse 1/4 Turn, Travelling Heel Jacks Cross left behind right. Unwind 3/4 turn left. (9:00) Make 1/4 turn left stepping right to side. Close left beside right. Step right to side. (Travelling to right, body angled to 5:00): Cross left over right. Step right to right side. Touch left heel forward. Cross left over right. Step right to right side. Touch left heel forward.	Behind Unwind Turn Chasse Cross & Heel Cross & Heel	Turning left Right
Section 7 1 – 2 3 – 4 5 & 6 7 – 8	Heel Twists, 1/2 Turn, Kick, Coaster Step, Kick, Kick Twist heels left. Twist heels right. Making 1/2 turn right twist heels left. Kick right forward. (Body angled to 11:00) Squaring up to 12:00, step right back. Step left beside right. Step right forward. Kick left forward. Kick left to left side. (12:00)	Twist Twist Turn Kick Coaster Step Kick Kick	On the spot Turning right On the spot
Section 8 1 & 2 3 – 4 5 – 6 7 – 8	Sailor 1/4 Turn, Step, Pivot 1/2, Full Turn x 2 Cross left behind right. Make 1/4 turn left stepping right to side. Step left forward. Step right forward. Pivot 1/2 turn left. (3:00) Make 1/2 turn left stepping right back. Make 1/2 turn left stepping left forward. Make 1/2 turn left stepping right back. Make 1/2 turn left stepping left forward.	Sailor Turn Step Pivot Full Turn Full Turn	Turning left

Choreographed by: Alan Birchall (UK) October 2010

Choreographed to: 'Heart And I' by Robbie Williams (124 bpm) from CD In And Out Of Consciousness (Greatest Hits 1990 - 2010); also available as download from amazon.co.uk or iTunes (32 count intro, start just before lyrics)

Note: The dance continues until the very end of the track



A video clip of this dance is available at www.linedancermagazine.com