

Heart-Shaped

32 Count, 2 Wall, Improver

Choreographer: Harold Grimshaw (UK) Sept 2013

Choreographed to: Shape Up Heart by Hayley Oliver Band,
CD: Abinger Grove

Intro: 8 Counts

1 Kick ball touch, Side, Touch, Right Chasse, Back Rock

1&2 Kick RIGHT fwd, Step on RIGHT, Touch LEFT across Rt

3-4 Step LEFT to Lt side, Touch RIGHT next to Lt

*Restart here (10th sequence) (6 o'clock)

5&6 Step RIGHT to Rt, Close LEFT next to Rt, Step RIGHT to Rt

7-8 Step LEFT back, Rock fwd onto RIGHT

2 Step pivot ½ Rt (x2), Grapevine ¼ Lt, Scuff

1-2 Step LEFT fwd, Pivot ½ RIGHT

3-4 Step LEFT fwd, Pivot ½ RIGHT

5-6 Step LEFT to Lt, Step RIGHT behind Lt

7-8 Step LEFT ¼ Lt, Scuff RIGHT forward (9 o'clock)

3 Shuffle fwd, Step/Pivot ¾ Rt, Weave Right

1&2 RIGHT Shuffle forward

3-4 Step LEFT fwd, Pivot ¾ RIGHT (6 o'clock)

5-6 Step LEFT to Left, Step RIGHT behind Left

7-8 Step LEFT to Left, Step RIGHT over Left

4 Side, Drag (x2), Left Chasse, Back Rock

1-2 Step LEFT (long) to Left, Drag (Touch) RIGHT next to Left

3-4 Step RIGHT (long) to Right, Drag (Touch) LEFT next to Right

Note: Arms

1-2 Swing arms to LEFT, Click fingers

3-4 Swing arms to RIGHT, Click fingers

5&6 Step LEFT to Lt, Close RIGHT next to Lt, Step LEFT to Lt

7-8 Step back onto RIGHT, Rock forward onto LEFT

RESTART is just repeating counts 1-4, then continue (count 5)

Finish facing front after 2 half pivots (count 12) - hand(s) on heart (optional)