

## Heaven Help My Heart

48 count, 4 wall, intermediate level

Choreographer: Theresa Needham (England)

Sept 2007

Choreographed to: Heaven Help My Heart by Tina  
Arena, CD: Don't Ask (98 bpm); Every Time I Hear  
Your Name by Keith Anderson, CD: Three Chord  
Country

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48 count intro, start just before vocals.

Keith Anderson.16 count intro.

### STOMP FOOT FAN X 2, ROCK ½ TURN R, L LOCKSTEP

- 1 & 2 Stomp R foot forward, fan foot out, in
- 3 & 4 Stomp L foot forward, fan foot out, in
- 5 & 6 Rock forward on R, recover onto L, making ½ turn R step forward on R
- 7 & 8 Step forward on L, lock R behind L, step forward on L

### SIDE BEHIND, CHASSE R, SIDE TOGETHER FORWARD ROCK ¼ R

- 1 - 2 Step R to R side, cross L behind R
- 3 & 4 Step R to R side, step L next to R, step R to R side
- 5 & 6 Step L to L side, step R next to L, step forward on L
- 7 & 8 Rock forward on R, recover onto L, making ¼ turn R step R to R side

### CROSS SHUFFLE, HEEL AND TOE, ROCK AND CROSS X 2

- 1 & 2 Cross L over R, step R to R side, cross L over R
- 3 & 4 Dig R heel forward, step R next to L, touch L toe at side of R
- 5 & 6 Rock L to L side, recover onto R, cross L over R
- 7 & 8 Rock R to R side, recover onto L, cross R over L

### SIDE BEHIND SHUFFLE 1/4 L, SIDE TOE TOUCHES, SHUFFLE FORWARD

- 1 - 2 Step L to L side, cross R behind L
- 3 & 4 Step L to L side, step R beside L, make ¼ turn L stepping forward on L
- 5 & 6 & Touch R toe out to R side, step R beside L, touch L toe out to L side, step L next to R
- 7 & 8 Step forward on R, step L next to R, step forward on R

### STEP PIVOT ½ TURN R, SHUFFLE ½ TURN R, BACK MAMBO FORWARD MAMBO

- 1 - 2 Step forward on L, pivot ½ turn R
- 3 & 4 Shuffle ½ turn R on a L, R, L
- 5 & 6 Rock back on R, recover onto L, step R beside L
- 7 & 8 Step forward on L, recover onto R, step L beside R

### SAILOR ¼ R CROSS, SIDE ROCK AND CROSS, SIDE BEHIND ½ R

- 1 & 2 Making ¼ turn R, sweep R behind L, step L to L side Cross R across L
- 3 & 4 Rock L to L side, recover onto R, cross L over R
- 5 - 6 Step R to R side, cross L behind R
- 7 - 8 Making ¼ turn R, step forward on R, ¼ turn R stepping L to L side

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Music download available from iTunes

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