



Approved by:

Niels B. Poulsen

Heavy On My Heart!

2 WALL – 34 COUNTS – ADVANCED

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 & 3 & 4 & 5 6 & 7 8 &	Cross, Side Rock, Cross, Side Rock, Cross, 1/4, 1/2, Back Twinkle, Cross Rock Cross right over left. Rock left to left side. Recover onto right. Cross left over right. Rock right to right side. Recover onto left. Cross right over left. Turn 1/4 right stepping left back. (3:00) Turn 1/2 right stepping right forward and sweeping left forward. Cross left over right. Step right back. Step left back, opening body slightly to left. Cross rock right over left. Recover onto left. (9:00)	Cross Side Rock Cross Side Rock Cross Quarter Half Back Twinkle Cross Rock	Left Right Turning right Back On the spot
Section 2 1 & 2 & 3 4 & 5 6 – 7 8 & 1	Basic, Side, Behind/Sweep, Behind, 1/4, Point, Lunge, 1/4, Cross, 1/4, 1/2 Sweep Step right big step to right. Step left behind right. Cross right over left. Step left to left side. Cross right behind left sweeping left out to left side. Cross left behind right. Turn 1/4 right stepping right forward. (12:00) Point left to left side, turning upper body slightly right. Lunge left to side turning upper body slightly left. Step right 1/4 right, sweeping left forward. Cross left over right. Turn 1/4 left stepping right back. (12:00) Turn 1/2 left stepping left forward and sweeping right forward. (6:00)	Side Back Cross Side Behind Behind Quarter Point Lunge Quarter Cross Quarter Half	On the spot Left Turning right On the spot Turning right Turning left
Section 3 2 & 3 4 & 5 6 & 7 – 8	Forward Rock into Back Steps With Sweep, Behind Side Point, Roll 1&1/4, Step Rock right forward. Recover onto left sweeping right to right side. Step right back sweeping left to left side. Cross left behind right. Step right to right side. Point left to left side prepping upper body slightly to right side. Turn 1/4 left stepping left forward. Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. Step right forward. (3:00)	Rock Forward Back Behind Side Point Quarter Half Half Step	On the spot Back Right On the spot Turning left
Section 4 1 2 3 & 4 & 5 & 6 & 7 8 & Restart	1/2, Reverse 3/4 Sweep, Cross Rock Side x 2, 1/4, 1/2 into 1/4 Sweep, Cross Side Turn 1/2 left stepping left forward prepping upper body slightly left. Turn 1/2 right onto right sweeping left 1/4 turn right. (6:00) Cross rock left over right. Recover onto right. Step left small step to left side. Cross rock right over left. Recover onto left. Step right small step to right side. Cross left over right. Turn 1/4 left stepping right back. Turn 1/2 left stepping left forward and sweeping right 1/4 turn left. (6:00) Cross right over left. Step left to left side. Wall 5: Restart dance from the beginning.	Half Three Quarter Cross Rock Side Cross Rock Side Cross Quarter Three Quarter Cross Side	Turning left Turning right On the spot Turning left Left
Section 5 1 – 2	Cross, Side Cross right over left. Step left to left side.	Cross Side	Left
Tag 1 1 – 2 & 3 – 4 &	Danced after Wall 1 (facing 6:00) Cross Rock, Side (x 2) Cross rock right over left. Recover onto left. Step right small step to right side. Cross rock left over right. Recover onto right. Step left small step to left side.	Cross Rock Side Cross Rock Side	On the spot
Tag 2 1 2 & 3 4 & 5 6 & 7 8 &	Danced after Wall 6 (facing 12:00) Cross, Side Rock Cross, 1/4 x 2 (x 2) Cross right over left. Rock left to left side. Recover onto right. Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left to side. Cross right over left. Rock left to left side. Recover onto right. Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left to left side.	Cross Side Rock Cross Quarter Quarter Cross Side Rock Cross Quarter Quarter	Left On the spot Turning left On the spot Turning left
Ending	You will end facing 12:00. Just complete Wall 8 and you're there!		

Choreographed by: Niels Poulsen (DK) September 2012

Choreographed to: 'Heavy On My Heart' by Anastacia from CD Pieces of A Dream; download available from amazon.co.uk or iTunes (16 count intro - approx 13 secs)

Tags/Restart: 4-count Tag after Wall 1, 8-count Tag after Wall 6. One Restart in Wall 5



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