

Hell On The Heart

96 Count, 4 Wall, Intermediate

Choreographer: Gene Norton (USA) May 2010

Choreographed to: Hell On The Heart by Eric Church,

CD: Carolina

Start dancing on lyrics

- 1 SIDE ROCK, RECOVER, CROSS SHUFFLE, TURN ¼ RIGHT, SIDE STEP, CROSS, HOLD**
1-2 Rock right to side, recover to left
3&4 Crossing chassé right, left, right
5-6 Turn ¼ right and step left back, step right to side
7-8 Cross left over right, hold (3:00)
- 2 CHASSE RIGHT, ROCK, RECOVER, BIG STEP TO LEFT, SLIDE, ROCK, RECOVER**
1&2 Chasse to right (right, left, right)
3-4 Rock left back, recover to right
5-6 Take large step to left on left, slide right towards left
7-8 Rock right back, recover to left
- 3 ROCKING CHAIR, TOE STRUTS**
1-2-3-4 Rock right forward, recover to left, rock right back, recover to left
5-6-7-8 Touch right forward toe, drop heel, touch left forward toe, drop left heel
- 4 TURN ¼ LEFT, ROCK, RECOVER, CROSS SHUFFLE, TURN ¼ RIGHT TURN ¼ RIGHT, CROSS, HOLD**
1-2 Turn ¼ left and rock right to right, recover to left
3&4 Crossing chassé right, left, right
5-6 Turn ¼ right and step left back, turn ¼ right and step right to side
7-8 Cross left over right, hold(weight on left) (6:00)
- 5 STEP BACK, TOUCH, STEP BACK, TOUCH, STEP BACK, TOUCH, 1/8 TURN STEP FORWARD, TOUCH**
1-2 Step right back, touch left diagonally across right
3-4 Step left back, touch right diagonally across left
5-6 Repeat 1-2
7-8 Turn 1/8 left and step left forward (4:30), touch right together
The knee can be bent on the step back and then straightened on the touch across for styling
- 6 STEP BACK, TOUCH, 1/8 TURN STEP FORWARD, TOUCH, STEP FORWARD, TOUCH, STEP BACK, TOUCH**
1-2 Step right back, touch left together
3-4 Turn 1/8 left and step left forward (3:00), touch right together
5-6 Step right forward, touch left together
7-8 Step left back, touch right together
- 7 ROCK, RECOVER, ½ TURN, HOLD, ½ TURN, HOLD, ½ TURN, HOLD**
1-2 Rock right forward, recover to left
3-4 Turn ½ right and step right forward, hold
5-6 Turn ½ right and step left back, hold
7-8 Turn ½ right and step right forward, hold (9:00)
- 8 ROCK, RECOVER, TOE STRUTS BACK, ½ TURN**
1-2 Rock left forward, recover to right
3-4 Touch left back toe, drop heel
5-6 Touch right back toe, drop heel
7-8 Touch left back toe, turn ½ left (weight to left) (3:00)
- 9 BIG STEP, SLIDE, ROCK, RECOVER, TURN ¼ RIGHT, TURN ¼ RIGHT, CROSS, HOLD**
1-2 Big step to right on right, slide left towards right
3-4 Rock left back, recover to right
5-6 Turn ¼ right and step left back, turn ¼ right and step right to side
7-8 Cross left over right, hold (9:00)
- 10 BIG STEP, SLIDE, ROCK, RECOVER, TURN ¼ RIGHT, TURN ¼ RIGHT, CROSS, HOLD**
1-8 Repeat previous 8 counts (3:00)
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11 SCUFF, CROSS, SCUFF, CROSS, SCUFF, CROSS, SCUFF, STEP FORWARD

1-2 Scuff right forward, cross right over left

3-4 Scuff left forward, cross left over right

5-6 Repeat 1-2

7-8 Scuff left forward, step left forward(3:00)

12 STEP, HOLD, TURN, HOLD, STEP, HOLD, TURN, HOLD

1-2 Step right forward, hold

3-4 Turn ½ left, hold

5-6 Repeat 1-2

7-8 Repeat 3-4 (3:00)

TAG: At the end of the first wall, repeat last 8 counts of dance

ENDING Optional: the dance will end on front wall, on the 7th count of the first 8.
For styling both arms can be crossed over the chest with fists to "protect your heart"
