

Here Is My Heart

48 count, 2 wall, Intermediate level
Choreographer : Sarah Jane Cox (UK0 Oct 2001)
Choreographed to : Here Is My Heart by Lionel
Richie (114 bpm) Renaissance Album

SECTION ONE: Side, Behind, Ronde Right, Side, Behind, Hold with Hands Splayed

- 1-2 Step right to right side. Cross step left behind right.
3-4 Sweep right in front then around to right of right foot (3), stepping right behind left (4).
5-6 Step left to left side. Cross step right over left.
7-8 Hold for two beats as you splay both hands out, elbows pointing down (as if you were motioning 'stop' or 'cut')

SECTION TWO: Forward, Side, Left Sailor Step, Right Sailor Step, Step, Pivot 1/2-turn Rt

- 9-10 Step forward on left foot. Step right to right side.
11&12 Cross step left behind right. Step right slightly to right side. Step left beside right
13&14 Cross step right behind left. Step left slightly to left side. Step right beside left.
15-16 Step forward on left. Pivot a half-turn right (weight ends up on right).

SECTION THREE: Skate Left-Right-Left, Hold/Claps, Skate Right-Left, Touch, Hold/Claps

- 17-18 Skate left to left diagonal. Skate right to right diagonal.
19&20 Skate left to left diagonal. Hold for one beat as you clap hands twice.
21-22 Skate right to right diagonal. Skate left to left diagonal.
23&24 Touch right beside left. Hold for one beat as you clap hands twice (weight remains on rt).

SECTION FOUR: Right Grapevine with Touch, Rock/Recover, Left Coaster Step

- 25-26 Step right to right side. Cross step left behind right.
27-28 Step right to right side. Touch left beside right.
29-30 Rock forward on left foot. Recover weight back onto right.
31&32 Step back on left. Step right beside left. Step forward on left.

SECTION FIVE: Step Forward, Hold, Pivot 1/2-turn Left, Hold, x 2

- 33-34 Step forward on right. Hold for one beat
35-36 Pivot a half-turn left (weight on right). Hold for one beat.
37-38 Step forward on right. Hold for one beat
39-40 Pivot a half-turn left (weight on right). Hold for one beat.

SECTION SIX: Weave Left, Right Cross Rock, Left Cross Rock

- 41-42 Cross step right over left. Step left to left side.
43-44 Cross step right behind left. Step left to left side.
45&46 Cross rock right over left. Recover weight back onto left. Step right beside left.
47&48 Cross rock left over right. Recover weight back onto right. Step left beside right

BRIDGE: This Bridge is danced ONCE, at the end of the fifth wall only.

Right Rock/Recover, Right Coaster Step, Rock/Recover, Left Coaster Step

- 1-2 Rock right to right side. Recover weight in place onto left
3&4 Step back on right. Step left beside right. Step forward on right.
5-6 Rock left to left side. Recover weight in place onto right.
7&8 Step back on left. Step right beside left. Step forward on left.

Weight is on the left foot ready to start again - heads up, smile and enjoy the dance!
