

## Hold My Heart

32 Count, 4 Wall, Intermediate

Choreographer: Christine & Katherine Collins,  
(Australia) Sept 2011

Choreographed to: Hold My Heart by Sara Bareilles,  
Album: Kaleidoscope Heart

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Intro: 16 beats

**1-8 ROCK FWD, BACK ½ FWD, ROCK FWD, BACK, ¼ SIDE, R COASTER FWD, SWEEP, SWEEP**

1, 2 & 3 Rock forward R, Rock back L, Step forward ½ R, Rock forward L (6:00)

4 & Rock back R, Step ¼ L to the side (3:00)

5 & 6 Step R forward, Step L together, Step R back

7, 8 Sweep L back, Sweep R back

**9-16 LOCK FWD INTO 1/8 CORNER, TURN ½ L STEP R BACK, ROCK BACK L, ROCK FWD R, STEP FWD L, STEP FWD R, ½ PIVOT, STEP L TO SIDE 1/8 RIGHT**

1 & 2 Step L forward 1/8 left, lock R behind, step L forward (1:00)

& 3, 4 Turn ½ left stepping back R, Rock L back, Replace weight forward on R (7:00)

5 & 6 Step L forward, Step R forward

7 & 8 Step L forward pivot ½ right, turn 1/8 right stepping L to side # (3:00)

**17-24 STEP DRAG, BEHIND ½ TURN, ROCK TOGETHER, TOE UNWIND ½, HOOK, STEP FWD R, L**

1, 2 & 3 Step R to right side, Drag L, Step behind L, Step ¼ R stepping R forward,  
Step ¼ R stepping L to side (9:00)

4 & Rock R, Step L together,

5 & 6 R toe touch behind, unwind ½ right, keep weight back on left, hook R foot (3:00)

7, 8 Step R forward, Step L forward

**25-32 SIDE ROCK CROSS, ¼ BACK, ¼ SIDE, STEP (REPEAT)**

1 & 2 Rock R to right side, Replace weight L, cross R over L (3:00)

3 & 4 ¼ turn right and step L back, ¼ turn right and step R to right side, step L together (9:00)

5 & 6 Rock R to right side, Replace weight L, cross R over L

7 & 8 ¼ turn right and step L back, ¼ right turn and step R to right side, step L together \* (3:00)

**RESTART:** # On Wall 4 dance to count 16 then start wall 5 to front.

**TAG:** \* At the end of wall 7 repeat last 8 counts and restart

**ENDING:** Wall 10: Dance to count 19 and Drag R foot towards left.

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