

Website: www.linedancerweb.com

Email: admin@linedancerweb.com

My Heart & I

INTERMEDIATE

64 Count 4 Walls Choreographed by: Ryan King

Choreographed to: Me, My Heart and I by Ashley Gearing

1 12 3&4 56 7&8	Walk R Walk L, Rock & Cross, Step Back L, Back 1/4 R, Cross Shuffle Walk forward Right, Walk forward Left. Rock Right to Right Side, Recover weight onto Left, Cross right over Left. Step back Left, Step back Right making 1/4 Right. Cross Left over Right, Step Right to Right Side, Cross Left over Right.
<b>2</b> 1 2 3 4 & 5 6 7 & 8	Side, Rock Recover, 1/4 L Shuffle, Stomp Hold & Step Step Right to Right side, Rock Left behind Right. Recover weight onto Right, Step Left to Left side, Step Right next to Left. Step 1/4 Left, Stomp Right Foot forward. Hold, Step left next to Right, Step forward Right.
	Restart here on third wall.
3 12 3&4 56 78	L Rock Recover, L Coaster Step, 2 x 1/4 Paddle Turns Rock forward Left, recover weight onto Right. Step back Left, Step Right next to Left, Step forward Left. Step forward on right toe, push 1/4 Left. Step forward on right toe, push 1/4 Left.
<b>4</b> 1 2 3 4 5 6 7 & 8	Jazz Box Cross, Side Touch, Kick Ball Cross Cross Right over Left, Step back Left. Step side Right, Cross Left over Right. Step side Right, Touch Left next to Right. Kick Left foot diagonally Left, Step side Left, Cross Right over Left
5 1 & 2 3 & 4 5 6 7 & 8	Kick Ball Cross, Kick Ball Cross, Rock Recover 1/4 Sailor. Kick Left foot diagonally Left, Step side Left, Cross Right over Left Kick Left foot diagonally Left, Step side Left, Cross Right over Left Rock side Left, Recover onto Right. Step Left behind Right, Step back Right making 1/4 Left, Step forward Left.
6 1 2 3 & 4 5 6 7 & 8	R Rock Recover, Triple Step Full Turn, L Rock Recover, 1/2 L Shuffle Rock forward Right, Recover onto Left. Full Turn Triple Step (R L R) Rock forward Left, Recover onto Right. Step 1/4 Left, Step right next to Left, Step 1/4 Left.
<b>7</b> 1 2 3 4	R Toe Strut, L Toe Strut, Right Point Cross, Left Point Cross Step Right toe forward, Drop Right heel. Step Left toe forward, Drop left heel.
5 6 7 8	Restart here on fourth wall.  Point Right to Right side, Cross Right over Left.  Point Left to Left Side, Cross Left over Right.
8 1 & 2 3 4 5 6 7 & 8	Kick Ball Step, Step Scuff, L Rock Recover, L Coaster Kick Right forward, Step Right in place, Step forward Left. Step forward Right, Scuff Left. Rock forward Left, Recover onto Right. Step back left, Step Right next to Left, Step forward Left.
	Restarts
	Wall 3 dance first 16 counts and start again.

Wall 4 dance 52 counts and start again.