

My Heart's In My Hand

IMPROVER

32 Count 4 Walls

Choreographed by: Christine Stewart

Choreographed to: When Love

Comes Around by Alan Jackson

Section 1 Right Heel Grind, Rock Back, Recover, Step-Lock, Out, Out

- 1 - 2 Touch Right heel forward with toes raised off floor and pointing left, Twist/fan Right heel with toes raised off floor so that toes are pointing diagonally right.
- 3 - 4 Step Right back, Recover forward onto Left
- 5 - 6 Step Right forward, Step Left behind Right and against Right heel
- 7 - 8 Step Right forward diagonally right, Step Left forward diagonally left (feet should be about a shoulder width apart)

Section 2 Step Forward, Touch Behind, Step Back, Kick Forward, Back -Lock, Step Back, Step Together

- 1 - 2 Step Right forward, Touch toes of Left behind Right and against Right heel
- 3 - 4 Step Left back, Kick Right forward
- 5 - 8 Step Right back, Cross Left in front of Right, Step Right back, Step onto Left beside Right (weight on Left)

Section 3 Toe, Heel, Side, Touch, Side Shuffle Left, Rock Back, Recover

- 1 - 2 Touch toes of Right beside Left with toes of Right turned inwards and pointing at Left and Right heel raised off floor and pointing right (Right knee should be slightly bent and pointing towards Left knee), Touch Right heel beside Left with toes raised off floor pointing diagonally right
- 3 - 4 Step Right sideways right, Touch Left beside Right (weight remains on Right)
- 5 & 6 Step Left sideways left, Step Right beside Left, Step Left sideways left
- 7 - 8 Step Right back, Recover forward onto Left

Section 4 Grapevine Right, Touch, Grapevine Left with a 1/4 Turn Left, Brush/Scuff Forward

- 1 - 4 Step Right sideways to right, Step Left behind Right, Step Right sideways to Right, Touch Left beside Right (weight remains on Right)
- 5 - 8 Step Left sideways to the left, Step Right behind Left, Turn 1/4 left and step Left forward, Brush/scuff Right heel forward.