

## My Tender Heart

48 count, 2 wall, Intermediate level

Choreographer : Derek Robinson (UK) Jan 2001  
Choreographed to : "Tender Heart" by Lionel Ritchie,  
from Renaissance album (97 bpm); "She's Not Crying  
Anymore" by Billy Ray Cyrus (From Some Gave All)  
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### **ROCK FORWARD, RECOVER, SHUFFLE, CROSS ROCK, RECOVER, SHUFFLE ½ TURN**

- 1 Step diagonally forward on left (10 o'clock) swaying hips forward
- 2 Recover on right swaying hips back
- 3&4 Shuffle forward (L.R.L.)
- 5 Cross rock right over left
- 6 Recover on left
- 7&8 Shuffle ½ turn right (R.L.R.)

### **ROCK FORWARD, RECOVER, SHUFFLE, CROSS ROCK, RECOVER, SHUFFLE ½ TURN**

- 9-16 Repeat steps 1- 8

### **STEP ACROSS, TURN, BACK LOCK STEP, ROCK BACK, RECOVER, SHUFFLE FORWARD**

- 17 Step left foot across and in front of right
- 18 Step right foot to right side, turning ¼ turn left
- 19&20 Step back left, lock right across left, step back left
- 21 Rock back on right
- 22 Recover on left
- 23&24 Shuffle forward (R.L.R.)

### **FULL TURN RIGHT, TOUCH, SHUFFLE FORWARD, CROSS ROCK, RECOVER, 2x ½**

#### **RONDE'S MOVING BACK**

- 25 Step forward left
- 26 Spin a full turn right on sole of left foot touching right toe forward
- 27&28 Shuffle forward right (R.L.R.)
- 29 Cross rock left over right
- 30 Recover on right
- 31 Sweep left foot out and behind right
- 32 Sweep right foot out and behind left

### **BACK LOCK STEP, ROCK BACK, RECOVER, SIDE TOE TOUCH & CROSS, RIGHT & LEFT**

- 33&34 Step back left, lock right across left, step back left
- 35 Rock back on right
- 36 Recover on left
- 37 Touch right toe to right side
- 38 Step right across and in front of left
- 39 Touch left toe to left side
- 40 Step left across and in front of right

### **ROCK FORWARD, RECOVER, TRIPLE ¾ TURN, CROSS ROCK, RECOVER, STEP LEFT, SLIDE UP RIGHT**

- 41 Rock forward on right
- 42 Recover on left
- 43&44 Triple turn ¾ right (R.L.R.)
- 45 Cross rock left over right
- 46 Recover on right
- 47 Step left to side
- 48 Slide right up beside left, transferring weight onto right

