

Perfect Heart

32 Count, 2 Wall, Intermediate

Choreographer: Mathew Sinyard (UK) 12TH June 2012

Choreographed to: Picking Up The Pieces by Paloma Faith,

Album: Fall To Grace

Intro: Start on 1st beat 14 seconds

S1 Side Rock, Cross Shuffle, Side Rock, Behind Side Cross.

1-2 Rock Right foot to right side, recover onto left foot.

3&4 Cross shuffle – Cross right foot over left foot, step left foot to left side, cross right foot over left foot.

5-6 Rock left foot to left side, recover onto right foot.

7&8 Cross left foot behind right foot, step right foot to right side, cross left foot in front of right foot.

S2 Side Rock ¼ left, Kick Ball Step, Step Turn Half, Behind Side Cross.

1-2 Rock right foot to right side making a ¼ turn left, recover onto left foot.

3&4 Kick right foot forward, step onto ball of right foot, step forward on left foot.

5-6 Step forward on right foot, pivot a ½ turn left sweeping the left foot around as you turn.

7&8 Step left foot behind right foot, step right foot to right side, cross left foot in front of right foot.

S3 Side Rock, Cross Shuffle, Side Rock, Kick Ball Change.

1-2 Rock right foot to right side, recover onto left foot.

3&4 Cross shuffle – Cross right foot over left foot, step left foot to left side, cross right foot over left foot.

5-6 Rock left foot to left side, recover onto right foot.

7&8 Kick left foot forward, step onto ball of left foot, step right foot beside left foot.

S4 Cross, Step Back, Side Close ¼ Left, Step ½ Turn, Kick Ball Change.

1-2 Cross left foot in front of right foot, step back on right foot.

3&4 Step left foot to left side, close right foot beside left foot, step left foot to left side making a ¼ turn left.

5-6 Step forward on right foot, pivot a ½ turn left (weight ending on left foot).

7&8 Kick right foot forward, step onto ball of right foot, step left foot beside right foot.

Tag At the end of wall 5

1-4 Sway hips right, left, right, left. Then restart.

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