

Please Heart

32 Count, 4 Wall, Improver

Choreographer: Jan Brookfield (UK) April 2014

Choreographed to: Please Heart, You're Killing Me by Eleanor McEvoy; Even Cowgirls Get The Blues by Rodney Crowell (Amazon)

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- 1 RUMBA BOX, MAMBO BACK, MAMBO FORWARD WITH 1/4 TURN**
1,2,3,4 Step R to side, close L to R, step R forward, hold
5,6,7,8 Step L to side, close R to L, step L back, hold
9,10,11,12 Rock back on R, recover onto L, step R forward, hold
13,14,15,16 Rock forward on L, recover onto R, making ¼ turn left step on L, hold
- 2 CROSS ROCK, STEP, CROSS ROCK, 1/4 TURN**
17,18,19,20 Rock R across in front of L, recover onto L, step R to side, hold
21,22,23,24 Rock L across in front of R, recover onto R, making ¼ turn left step on L, hold
- 3 STEP, TOUCH, STEP 1/4 TURN, TOUCH, STEP TO SIDE + BACK HEEL FLICK & OPTIONAL HEEL SLAP, STEP TO SIDE + BACK HEEL FLICK & OPTIONAL HEEL SLAP**
25,26 Step R to side, touch L next to R
27,28 Making ¼ turn left step forward on L, touch R next to L
29,30 Step R to side, flick L foot behind R (slap with right hand)
31,32 Step L to side, flick R foot behind L (slap with left hand) (now facing 3 o'clock)

KEEP IT GOING!