

## Protect My Heart

64 count, 2 wall, intermediate level

Choreographer: Michael Vera-Lobos (Aus)

Choreographed to: No More Protecting My Heart by  
Jamie O'Neal

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### **TOUCH FORWARD, TOUCH SIDE, RIGHT SAILOR, STEP BEHIND, ¼ RIGHT, ½ SHUFFLE RIGHT**

1-2-3&4 Touch right forward, touch right to right side, cross right behind left, rock left to left, rock weight center on right

5-6-7&8 Cross left behind right, step right to right turning ¼ turn right, turning ½ turn right shuffle forward on left

### **ROCK BACK/FORWARD, FULL TURN, ROCK FORWARD/BACK, BALL JACK, STEP FORWARD**

1-2-3-4 Rock back on right, rock forward on left, traveling forward turn full turn left stepping on right then left

5-6-&7&8 Rock forward right, rock back on left, step back on right touching left heel forward, step left to center stepping forward on right

### **ROCK FORWARD, ROCK BACK, ½ LEFT, ¼ LEFT, LEFT SAILOR, BEHIND, SIDE, CROSS**

1-2-3-4 Rock forward on left, rock back on right, turn ½ turn left stepping back on left, step forward on right turning a further ¼ turn left

5&6-7&8 Cross left behind right, rock right to right, rock weight to left, cross right behind left, step left to left, cross right in front of left

### **SIDE ROCK, CENTER, CROSS FULL TURN, SIDE SHUFFLE, CROSS, ¾ UNWIND**

1-2-3-4 Step left to left, rock weight to right, cross left over right, turn full turn right traveling right raising right

5&6-7-8 Side shuffle right stepping right, left, right, cross left over right turn ¾ turn right (end weight left)

### **TOUCH BACK, ½ TURN, TOUCH BACK, ½ TURN, TRAVELING BALL JACKS**

1-2-3-4 Touch right toe back, pivot ½ turn right, touch right toe back, pivot ½ turn right (end weight left)

&5&6&7&8 Travel back step back on right touching left heel forward step left to center, touch right beside left travel back step back on right touching left heel forward, step left to center, touch right beside left

### **RIGHT DOROTHY, BALL STEP, ½ TURN, CROSS SHUFFLE, STEP SIDE, ½ TURN**

1-2&3-4 Step right 45 degrees right, lock left behind right, step right to right

& step left to left turn ½ turn right stepping right to right

5&6-7-8 Cross shuffle left over right, step right to right side, turn ½ turn left stepping left to left side

### **RIGHT DOROTHY, BALL STEP, ½ TURN, CROSS SHUFFLE, STEP SIDE, ½ TURN**

1-2&3-4 Step right 45 degrees right, lock left behind right, step right to right

& step left to left, turn ½ turn right stepping right to right

5&6-7-8 Cross shuffle left over right, step right to right side, turn ½ turn left stepping left to left side

### **SIDE SHUFFLE ¼ TURN RIGHT, ½ SHUFFLE RIGHT, ROCK BACK, ROCK FORWARD, FULL TURN FORWARD**

1&2-3&4 Side shuffle to right turning ¼ turn right, shuffle forward on left turning ½ turn right

5-6-7-8 Rock back on right, rock forward left, turn full turn left traveling forward turning on right then left

### **TAG**

Occurs at the end of wall 2

1-2-3&4 Touch right toe forward, touch right to right side, right sailor turning ¼ turn right

5-6-7&8 Touch left toe forward, touch left to left side, left sailor turning ¼ turn left