

Rhythm Of My Heart

64 Count, 2 Wall, Improver

Choreographer: Roz Chaplin & Colin B Smith (UK)

Jan 2012

Choreographed to: Rhythm Of My Heart

by Rod Stewart

32 Count intro to heavy beat then count 16 beats from that

1 STEP, SWEEP, STEP, SWEEP, CROSS, SIDE, BEHIND, POINT

1-2 Step right forward, sweep left from back to front

3-4 Step left forward, sweep right from back to front

5-6 Cross right over left, step left to left side,

7-8 Step right behind left, point left to left side

2 BACK, POINT, BACK, POINT, SAILOR STEP X2

1-2 Step back on left point right to right side

3-4 Step back on right, point left to left side

5&6 Step left behind right, step right beside left, step left in place

7&8 Step right behind left, step left beside right, step right slightly forward

3 WALK, WALK, SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2 Walk forward left, walk forward right

3&4 Step forward left, close right beside left, step forward left

5-6 Rock forward on right, recover onto left

7&8 Step back on right, close left beside right, step forward on left

4 ROCK, RECOVER, SHUFFLE ½ TURN, BACK, KICK X2

1-2 Rock forward on left, recover onto right

3&4 Shuffle ½ turn left stepping – left, right, left (6.00)

5-6 Step back on right, kick left foot forward,

7-8 Step back on left, kick right foot forward

5 ROCK, RECOVER, CROSS SHUFFLE, ¼ HINGE TURN X 2, CROSS SHUFFLE

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

3&4 Cross right over left, step left to left side, cross right over left

5-6 Make ¼ turn to left stepping left back, make ¼ turn to left stepping right to right side (12.00)

7&8 Cross left over right, step right to right side, cross left over right

6 STEP, TOUCH, KICK & CROSS X 2

1-2 Step right to right side, touch left next to right

3&4 Kick left forward, step left next to right, cross right over left

5-6 Step left to left side, touch right next to left

7&8 Kick right forward, step right next to left, cross left over right

7 PIVOT 1/4 TURN, SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2 Step right forward, pivot ¼ turn to left (9.00)

3&4 Step right forward, step left next to right, step right forward

5-6 Rock left forward, recover onto right

7&8 Step left back, step right next to left, step left forward

8 PIVOT 1/4 TURN, SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2 Step right forward, pivot ¼ turn to left (6.00)

3&4 Step right forward, step left next to right, step right forward

5-6 Rock left forward, recover onto right

7&8 Step left back, step right next to left, step left forward
