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You Are In My Heart

Phrased, 4 Wall, Intermediate

Choreographer: Zhuqin Yu (Aug 2014)

Choreographed to: I Cry by Flo Rida, CD: Wild Ones
(Deluxe Version) (126 bpm - iTunes)

Sequence: 32-count intro, AAB, B(1-32), AAB, B(1-32), CCDBB

Start dancing on lyrics

PART A

POINT CROSS, KICK BALL CHANGE, BACK SHUFFLE, BOTTOM UP BODY ROLL

- 1-2 Cross/touch left over, step left side
- 3-4 Cross/touch right over, step right side
- 5&6 Turn $\frac{1}{4}$ left and kick left forward, step left together, touch right back (9:00)
- 7&8 Step right back, step left together, step right back
Option: body roll up

STEP OUT, $\frac{3}{4}$ TURN LEFT, HITCH, RIGHT SHUFFLE

- 1-2 Step left side, step right side
- 3-4 Turn $\frac{1}{4}$ left and step left forward, turn $\frac{1}{4}$ left and step right side (3:00)
- 5-6 Turn $\frac{1}{4}$ left and step left side, hitch right (12:00)
- 7&8 Chassé side right-left-right

ROCK, BEND KNEE, CROSS, TURN $\frac{1}{4}$ LEFT

- 1-2 Rock left forward and raise right heel (pop right knee), recover to right and raise left heel (pop left knee)
- 3-4 Rock left forward and raise right heel (pop right knee), recover to right and raise left heel (pop left knee)
- &5 Step left back, cross right over
- 6&7-8 Hold, step left side, cross right over, turn $\frac{1}{4}$ left and step left forward

TWIST HEELS, ROLL BODY, PUMP CHEST FORWARD

- 1-2 Step right forward, swivel heels right
- 3-4 Swivel heels to center, step right back
- 5-6 Hold for 2 counts (pump chest forward twice)
- 7-8 Step left together, step right forward

PART B

KICK BALL CHANGE, POINT SIDE, DIG RIGHT FORWARD, FORWARD SHUFFLE

- 1-2 Step left forward, step right forward
- 3&4& Kick left forward, step left together, touch right side, step right together
- 5&6& Touch left side, step left together, touch right heel forward, step right together
- 7&8 Chassé forward left-right-left

FULL TURN, SIDE SHUFFLE, ROCK

- 1-2 Turn $\frac{1}{4}$ right and step right forward, turn $\frac{1}{4}$ right and step left side
- 3-4 Turn $\frac{1}{2}$ right and step right side, touch left side
- 5&6 Chassé side left-right-left
- 7-8 Rock right back, recover to left

POINT, TO THE RIGHT ROLL HIP, CHAIR STEP

- 1-2 Touch right side, hold (roll hip to the right)
- 3-4 Hold for 2 counts (roll hip to the right)
- 5-6 Rock right forward, recover to left
- 7-8 Rock right back, recover to left

ROCK, FULL TURN, TRIPLE $\frac{1}{2}$ TURN, LEFT MAMBO

- 1-2 Rock right forward, recover to left
- 3-4 Turn $\frac{1}{2}$ right and step right forward, turn $\frac{1}{2}$ right and step left back
- 5&6 Turn $\frac{1}{2}$ right and chassé forward right-left-right
- 7&8 Rock left side, recover to left, step left together

SWAY HIP 4 TIMES

- 1-2 Rock left side and hip left, hip right
- 3-4 Hip left, recover to right and hip right

PART C

½ TURN, STEP OUT, ROCK BODY, JUMP STEP TOGETHER

- 1-2 Step right forward, turn ½ left (weight to left)
- 3-4 Step right forward, step left side
- 5-6 Step right side (move shoulders right), hold (move shoulders left)
- 7-8 Hold (move shoulders center), jump feet together (weight to left)

½ TURN, STEP OUT, ROCK BODY, JUMP STEP TOGETHER

- 1-2 Step right forward, turn ½ left (weight to left)
- 3-4 Step right forward, step left side
- 5-6 Step right side (move shoulders right), hold (move shoulders left)
- 7-8 Hold (move shoulders center), jump feet together (weight to left)

BACK, FORWARD

- 1-2 Step right back, step left back
- 3-4 Step right back, touch left together
- 5-6 Step left forward, step right forward
- 7-8 Step left forward, step right side

ROCK BODY, ROCK, CROSS

- 1-2 Rock left side and sway left, recover to right and sway right
- 3-4 Step left together, cross right behind
- 5-6 Step right side, cross left behind
- 7-8 Step left side, step right together

PART D

KICK FORWARD CROSS

- 1-2 Cross/touch left over, step left side
- 3-4 Cross/touch right over, step right side
- 5-6& Kick left forward, cross left over, step left together
- 7-8& Kick right forward, cross right over, step right together

JUMP, FULL TURN POINT

- 1&2& Step right side, touch left together, step left side, touch right together
- 3&4 Step right side, touch left together, step left side
- 5 Turn ¼ left and touch right side
- 6 Turn ¼ left and touch right side
- 7 Turn ¼ left and touch right side
- 8 Turn ¼ left and touch right side

TWIST HIP, RAISE ARMS, OPEN ARMS ON SIDE

- 1-2 Step right side (twist hip right and raise right arm above head), hold (twist hip left and raise left arm above head)
- 3-4 Hold (twist hip right and open arms to sides), hold (lower arms)