

## You Had My Heart In Your Hands

64 Count, 2 Wall, Intermediate/Advanced

Choreographer: Ines Möricke (Berlin German) Feb 2014

Choreographed to: Rolling In The Deep by Adele

---

Count to 40 with the first beat of percussion (drum beat)

**1 Cross, Point, Cross, Point, Step, Touch, Shuffle Back ½ Turn L**

1-2 Cross right over left, left to side touch

3-4 Cross left over right, right to side touch

5-6 Step forward on right and touch left behind right

7&8 Turn ¼ left step left to side, right beside left, turn ¼ left and step forward on left

**2 Point, Hold, Point, Hold, Touch & Touch, Rock Forward**

1-2 Right to side touch, Hold

&3-4 Right next to left, left to side touch, hold

&5&6& Left beside right, touch right toe forward, step right together, touch left toe forward, step left beside right

7-8 Rock right forward, recover to left

**3 Chasse with ¼ Turn R, Cross Rock, ¼ Turn L, ½ Turn L, ¼ Turn L, Touch**

1&2 ¼ turn right and step right to right; left beside right, step right to right

3-4 Cross left over right – recover right

5-6 ¼ turn left and step forward on left, ½ turn left and stepping back on right,

7-8 ¼ turn left and step left to left, touch right beside left

**4 Kick Ball Step, Rock Forward, Chasse with ¼ Turn R, 2 Steps Forward L-R**

1&2 Kick right forward, right ball of together, step forward on left

3-4 Rock right forward – recover to left

5&6 ¼ turn right and step right to ride, left beside right, step right forward

7-8 2 steps forward, left, right

**Tag / Restart:** in the second Round - 6 Clock -in the sequence 4 -

Count 8 to replace with a touch and start the dance from the front

**5 Mambo Step, Long Step Back, Slide Back, Step, Touch, Kick Ball Cross**

1&2 Step forward on left - recover to right, step left beside right

3-4 Long step back with right, use left next to the right

5-6 Step left to left, touch right beside left

7&8 Kick right forward, right ball of right together, cross left over right

**6 Step, Touch, Shuffle ¼ Turn L, Step Forward, ½ Turn L, Shuffle Back ½ Turn L**

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

3&4 ¼ turn left and step left forward on left, right next to left, step forward on left,

Step forward on right, ½ turn left on ball

7&8 ¼ turn left and step right to right, left next to right, ¼ turn left and step back on right

**7 Back Rock, Side Rock, Behind -Side -Cross, Side Rock with ¼ Turn L**

1-2 Rock left back – Recover to right

3-4 Step left so left – Recover to right

5&6 Cross left behind right, step right to right, cross left over right

7-8 Step right to right, ¼ turn left and weight on left

**8 Touch, Step Forward, Touch, Step Forward, Kick R, Slide Back Step R, Touch L, Kick L, Slide Back Step L, Touch R**

1-2 Touch right forward, step forward to right

3-4 Touch left forward, step forward to left

5&6 Kick right forward, right ball slide back the floor and right beside left, Touch left beside right

7&8 Kick left forward, left ball slide back the floor and left beside right, Touch right beside left

**Ending: Cross, ½ Turn L**

1-2 Cross right over left - ½ turn left on balls

---