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This Old Heart

32 Count, 4 Wall, Beginner

Choreographer: Graham Mitchell (UK) May 2016

Choreographed to: This Old Heart Of Mine by The Contours.

Album: Motown Soul 2

Section 1	Cross Point, Back Point, Behind Side, Cross Shuffle
1 -2	Cross Right over Left, point Left toe to Left side
3-4	Step back Left, point Right toe to Right side
5-6	Step Right behind Left, step Left to left side
7&8	Cross Right over Left, step Left to Left side, Cross Right over Left
Section 2	Syncopated Rocks, Jazz Box ¼ Right
1-2	Rock Left to Left side, Recover Right
&3-4	Step Left beside Right, Rock Right to Right side, Recover Left
5-6	Cross Right over Left, Step back Left making ¼ Right
7-8	Step Right to right side, Step Left beside Right
Section 3	Right & Left Step Lock Step Lock Step
1-2	Step forward Right, Step Left behind Right
3&4	Step forward Right, lock left behind right, Step forward Right
5-6	Step forward Left, Step Right behind Left
7&8	Step forward Left, Lock Right behind Left, Step forward Left
Section 4	Step ½ Turn, Shuffle, Full Turn, Shuffle
1-2	Step forward Right, pivot ½ turn left
3&4	Step forward Right, close Left beside Right, step forward Right
5-6	Step forward Left making ½ turn right, Step forward Right, making ½ turn right
7&8	Step forward Left, close Right beside Left, step forward Left
