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Brainwave From The Heart

64 count, 4 wall, Intermediate level
Choreographer : David Sinfield (Ireland) June
2001

Choreographed to : Bottom Of My Heart by
Ethan Allen, From the Single Bottom of My Heart
(115 bpm)

SECTION 1 3 SHUFFLES FORWARD AND SYNCOPATED TURN

1+2 Step Right forward, Close left beside right, step right forward
3+4 Step left forward, Close right beside left, Step Left forward
5+6 Step Right forward, Close left beside right, step right forward
7+8 Cross left over right, Step Back Right, Step Left into ¼ turn left

SECTION 2 3 SHUFFLES FORWARD AND SYNCOPATED TURN

9-16 Repeat steps 1-8

SECTION 3 MAMBO STEPS X 4 STARTING RIGHT

17+18 Rock forward right, rock back left, step right in place
19+20 Rock forward left, rock back right, step left in place
21+22 Rock forward right, rock back left, step right in place
23+24 Rock forward left, rock back right, step left in place

SECTION 4 HEEL AND TOE SWITCHES RIGHT & LEFT

25-26 Touch right heel forward, touch right toe back
27-28 Touch right heel forward, stomp right
29-30 Touch left heel forward, touch left toe back,
31-32 Touch left heel forward, stomp left

SECTION 5 TOE TOUCHES, SIDE STEPS, CHASSE RIGHT, BACK ROCK

33-34 Touch Right toe to right side, touch right beside left
35-36 Step right to right side, close left beside right
37+38 Step right to right side, close left beside right, step right to right side
39-40 Rock Back left, rock forward right

SECTION 6 TOE TOUCHES, SIDE STEPS, CHASSE LEFT, BACK ROCK

41-42 Touch Left toe to left side, touch left beside right
43-44 Step left to left side, close right beside left
45+46 Step left to left side, close right beside left, step left to left side
47-48 Rock Back right, rock forward left

SECTION 7 HEEL SWITCHES, CROSS TAP

49+, 50+ Touch right heel forward, step right in place Touch left heel forward, step left in place
51-52 Touch right heel forward, Cross touch right over left
53-56 Repeat Steps 49-52

SECTION 8 PADDLE TURNS, SAILOR STEP, BACK PIVOT ½ TURN

57-60 Step right into 1/8 turn left, Step right in 1/8 turn left (making 1/4 pivot turn Left)
61+62 Cross Right behind left, step left to place, step right in place
63-64 Touch Left toe Back, Pivot Back ½ turn left (Keeping weight on Left)
