

Heavy Heart

64 Count, 2 Wall, Intermediate

Choreographer: Lee Hamilton, Stephen & Lesley McKenna
(UK) May 2017

Choreographed to: Frames by Lee DeWyze

Intro: 32 Counts

Section 1	R Shuffle Fwd, L Fwd, ¼ R Pivot Turn, Cross L, ¼ L Stepping R Back, L Coaster Step	
1 & 2	Step R fwd, close L beside R, step R forward	(12:00)
3 & 4	Step L fwd, pivot ¼ R	(03:00)
5 & 6	Cross L over R, make a ¼ L by stepping R back	(12:00)
7 & 8	Step L back, close R beside L, step L fwd	(12:00)
Section 2	R Fwd, L Hitch, L Coaster Step, ¼ L Stepping R Side, Hold, Ball Side, L Touch	
1 & 2	Step R fwd, hitch L knee	(12:00)
3 & 4	Step L back, close R beside L, step L fwd	(12:00)
5 & 6	Make a ¼ L by stepping R to right side, hold	(09:00)
& 7 & 8	Step ball of left beside right, step R to right side, touch L beside right	(09:00)
Section 3	¼ L Stepping L Fwd, ¼ L Stepping R Side, L Behind, Ball Cross, R Side Rock, Together, Switch Toes L & R	
1 & 2	Make a ¼ L by stepping L fwd, Make a ¼ L by stepping R to right side	(03:00)
3 & 4	Cross L behind R, step R to right side, cross L over R	(03:00)
5 & 6 &	Rock R to right side, recover, close R beside L	(03:00)
7 & 8	Point L toe to left side, close L beside R, point R toe to right side	(03:00)
Section 4	R Sailor, ¼ Sailor Left, R Jazz Box, L Shuffle Fwd	
1 & 2	Step R foot behind L, step L to left side, recover onto R	(03:00)
3 & 4	Cross L ¼ left behind R, small step R to right side, recover onto L	(12:00)
5 & 6 & 7	Cross R over L, step L back, step R to right side	(12:00)
8 & 1	Step L fwd, close R beside L, step L forward	(12:00)
Section 5	R Rock Fwd, 1/2 Shuffle R, ¼ R Stepping L Side, R Kick, R Out, L Out, Ball Cross L	
2 & 3	Rock R fwd, recover onto L	(12:00)
4 & 5	Step R ¼ right, step L beside R, step R ¼ right fwd	(06:00)
6 & 7	Make a ¼ R by stepping L to left side, kick R fwd	(09:00)
& 8 & 1	Step R to right side, step L to left side, close R beside L, cross L over R	(09:00)
Section 6	Hold, R Out, L Out, Ball Cross L, R Chasse, L Sailor	
2	Hold	(09:00)
& 3 & 4	Step R to right side, step L to left side, close R beside L, cross L over R	(09:00)
5 & 6	Step R to right side, step L beside right, step R to right side	(09:00)
7 & 8	Step L foot behind R, step R to right side, recover onto L	(09:00)
Section 7	R Cross Shuffle, Back Shuffle ¼ R, 1/2 Shuffle R, L Mambo	
1 & 2	Cross R over left, step L to left side, cross R Right over left	(09:00)
3 & 4	Make a 1/4 R by stepping back on L, close R beside L, step back on L	(12:00)
5 & 6	Step R ¼ right, step L beside R, step R ¼ right fwd	(06:00)
7 & 8	Rock L fwd, recover onto R, close L beside R	(06:00)
Section 8	Walk Back R & L, R Ball Rock, L Back Shuffle, R Out, L Out, R Touch	
1 & 2 &	Step R back, step L back, close R beside L	(06:00)
3 & 4	Rock L fwd, recover onto R	(06:00)
5 & 6	Step back on L, close R beside L, step back on L	(06:00)
& 7 & 8	Step R to right side, step L to left side, touch R beside L	(06:00)

Step change on Wall 2 Section 6 - counts 7 & 8 become a Sailor 1/4 L back to 12 O'Clock
