

A Tender Heart

56 Count, 4 Wall, Intermediate

Choreographer: Eva Pau (CA) Oct 2017

Choreographed to: Tender Heart by Lionel Ritchie

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- Section 1** **Cross Rock, Side Shuffle, Cross Rock, ½ L Fwd Lock Step**
1-2 3&4 Cross rock R over L, recover to L, side shuffle R L R (12:00)
5-6 7&8 Cross rock L over R, recover to R, ½ L fwd lock step L R L (6:00)
- Section 2** **Fwd Rock, Back Lock Step, Back Rock, ¼ R, Fwd Lock Step**
1-2 3&4 Rock R fwd, recover to L, back lock step R L R (6:00)
5-6 7&8 Rock L back, recover to R, ¼ R fwd lock step L R L (9:00)
- Section 3** **Walk Walk, Fwd Lock Step, Fwd Rock, ¼ L, Side Shuffle**
1-2 3&4 Walk fwd R L, fwd lock step R L R (9:00)
5-6 7&8 Rock L fwd, recover to R, side shuffle L R L (6:00)
- Section 4** **Rocking Chair, ½ R Jazz Box**
1-4 Rock R fwd, recover to L, rock R back, recover to L (6:00)
5-8 Cross R over L, step L back ¼ R, step R to R ¼ R, step L fwd (12:00)
- Restart here at 5th wall (12:00)**
- Section 5** **Side, Hold, Together, Side, Touch (R & L)**
1-2&3-4 Step R to R, hold, step L together, step R to R, touch L together (12:00)
5-6&7-8 Step L to L, hold, step R together, step L to L, touch R together (12:00)
- Section 6** **Step ½ R, Ronde, Cross Shuffle, ¼ L Paddle Turn X 2**
1-2 3&4 Step R fwd ½ R, sweep L from back to front, cross shuffle L R L (6:00)
5-8 Press R fwd, ¼ L on ball of L X 2 (12:00)
- Section 7** **¼ L Side Together, Side Shuffle, Fwd Rock, ½ L Lock Step**
1-2 3&4 Step R to R ¼ L, step L together, side shuffle R L R (9:00)
5-6 7&8 Rock L fwd, recover to R, ½ L lock step L R L (3:00)
- Tag:** **To be done at the end of walls 2nd (6:00), 4th (12:00),
6th (3:00 – 1-4 count only) &7th (6:00)**
Rocking Chair, Sways
1-4 **Rock R fwd, recover to L, rock R back, recover to L**
5-8 **Sways R L R L**
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