



A Girl's Heart

Phrased, 4 wall, advanced level

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Choreographed to: From Zero to Hero by Sarah
Conor

A-32,B-32,C1-16, C2-34

Sequence: AA BB C1 AA BB C2 BBB

Part A (32 Counts) 2x

Side, Drag, Coaster Step, walk, walk, shuffle forward

- 1 - 2 RF big step to the right, LF drag to RF
- 3 & 4 LF Step back, RF next to LF, LF Step in front
- 5 - 6 RF Step forward, LF Step forward
- 7 & 8 RF Step forward, LF drag behind RF, RF Step forward

Rock forward, Locked Shuffle back, Rock back, Full Triple Turn Left

- 1 - 2 LF Step forward, Rock weight back on RF
- 3 & 4 LF Step back, Lock RF in front of LF, LF Step back
- 5 - 6 RF Step back, Rock weight back on LF
- 7 & 8 Make a full turn over Left shoulder, making three steps (RF, LF, RF)

¼ Sailor Turn L, Kick, Cross, Back, Walk 2x, Side and Cross

- 1 & 2 Step LF behind RF, RF Step to right and turn ¼ over left shoulder, Step LF to left side
- 3 & 4 Kick RF forward, Cross RF in front of LF, Step LF back
- 5 - 6 Step RF forward, Step LF forward
- 7 & 8 Step RF to right side, Weight back on LF, Cross RF in front of LF

Side and cross 2x, Step ½ Turn R, Twist and clap, Clap

- 1 & 2 Step LF to left side, Weight back on RF, Cross LF in front of RF
- 3 & 4 Step RF to right side, Weight back on LF, Cross RF in front of LF
- 5 - 6 LF Step forward, turn ½ over right shoulder (End with weight on LF)
- 7 & 8 Twist heels to the right, Twist heels back and clap hands once at the same time, Clap

Part B (32 Counts) 2x

Walk 2x, Locking Shuffle, Rock, ½ Sailor Turn L

- 1 - 2 RF step forward, LF Step forward
- 3 & 4 RF Step forward, Lock LF behind RF, RF Step forward
- 5 - 6 LF step forward, Rock weight back on RF
- 7 & 8 Cross LF behind RF, Step RF to right side and turn ½ over left shoulder, Step LF to the left

Side, Behind, ¼ Turn 3x, Side Touch

- 1 - 2 & Step RF to right side, Cross LF behind RF, Turn ¼ over right shoulder Step RF in front
- 3 - 4 & Step LF to left side, Cross RF behind LF, Turn ¼ over right shoulder Step LF back
- 5 - 6 & Step RF to right side, Cross LF behind RF, Turn ¼ over right shoulder Step RF in front
- 7 - 8 Step LF to left, touch RF next to LF.

Side, Together, Side, Together, Rock Forward, Coaster Step

- 1 - 2 Step RF to right side, slide LF next to RF
- 3 - 4 Step RF to right side, slide LF next to RF
- 5 - 6 Step RF forward, Rock weight back on LF
- 7 & 8 Step RF back, Step LF next to RF, Step RF forward

Twist L + R 2x (with bending knees), Hand Movement, Behind Cross Touch

- (&) 1 - 2 Step LF to left side, Twist both Heels to the left, Twist both heel all the way to the right (go down, bend your knees)
- 3 - 4 Twist both knees to the left, twist both knees back to right (on Count 4 came all the way back up)
- 5 - 6 Point right Hand straight up, Point right hand to the floor
- & 7 - 8 Cross LF behind RF, Cross RF over LF, Step LF next to RF

Bridge C1 (16 Counts) 1x

Monterey Turn 2x,

- 1 - 2 Touch right Toe out, turn ½ on left (drag RF next to LF)
- 3 - 4 Touch left Toe out, Step LF next to RF.
- 5 - 6 Touch right Toe out, turn ½ on left (drag RF next to LF)
- 7 - 8 Touch left Toe out, Step LF next to RF.

Cross, Back Coaster Step, Step L, Point R, Spin R (Outside Spin)

- 9 - 10 Cross RF over LF, Step LF back
 - 11 & 12 Step RF back, Step LF next to RF, Step RF forward
 - 13 - 14 Step LF forward, Touch RF to the side (Prep. to turn)
 - 15 - 16 Full turn on LF over right shoulder (=Spin)
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Bridge C2 (C1 x2 + 2 Counts)
Dance C1 twice, repeat Spin (Count 15-16)

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