



A Good Heart



BEGINNER/INTERMEDIATE	STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
	Section 1	Walk Forward, Kick with Clap, Diagonal Steps Back & Touch.		
	1 - 2	Step forward left. Step forward right.	Left. Right.	Forward
	3 - 4	Step forward left. Kick right forward, clapping hands.	Left. Kick.	
	5 - 6	Step right diagonally back right. Touch left beside right with clap.	Back. Touch.	Back
	7 - 8	Step left diagonally back left. Touch right beside left with clap.	Back. Touch.	
	Section 2	Grapevine Right, Hip Bumps Left, Hip Bumps Right.		
	9 - 10	Step right to right side. Cross left behind right.	Step. Behind.	Right
	11 - 12	Step right to right side. Touch left beside right.	Step. Touch.	
	13 - 14	Step left to left side, bumping hips left. Bump hips left again.	Left. Bump.	Left
15 - 16	Bump hips to right side. Bump hips right again.	Right. Bump.	Right	
Section 3	Grapevine 1/4 Turn Left, Brush, Heel, Toe, Heel, Hook, Heel, Step.			
17 - 18	Step left to left side. Cross right behind left.	Left. Behind.	Left	
19 - 20	Step left 1/4 turn left. Brush right foot forward.	Turn. Brush.	Turning left	
21 - 22	Touch right heel forward. Touch right toe back.	Right Heel. Toe.	On the spot	
23 &	Touch right heel forward. Hook right heel across left leg.	Heel. Hook.		
24 &	Touch right heel forward. Step right beside left.	Heel. Together.		
Section 4	Heel, Toe, Heel, Hook, Heel, Touch, Left & Right Shuffle Backs.			
25 - 26	Touch left heel forward. Touch left toe back.	Left Heel. Toe.	On the spot	
27 &	Touch left heel forward. Hook left heel across right leg.	Heel. Hook.		
28	Touch left heel forward.	Heel.		
29 & 30	Step back left. Close right beside left. Step back left.	Shuffle Back	Back	
31 & 32	Step back right. Close left beside right. Step back right.	Shuffle Back		

Choreographed for British Heart Foundation World Record Attempt. 2nd September 2001, Aintree Racecourse, Liverpool. Call 0151 236 6988 for more details.

4 Wall Line Dance:- 32 Counts. Beginner/Intermediate Level.
Choreographed by:- Rob Fowler (UK), May 2001.
Choreographed to:- 'A Good Heart' by Fergal Sharkey.