

Heal Me

32 Count, 2 Wall, Intermediate Choreographer: Alan G. Birchall & Jacqui Jax (UK) Choreographed to: Heal Me by Grace Carter (84bpm)

16 count intro from Start Of Lyrics, Start On The Word 'Face' after 23 Seconds

1-2& 3-4& 5-6 7-8& Tag	SIDE, ROCK BACK, RECOVER, ¼ TURN, FULL TURN, PRESS, RECOVER, SWEEP, SWEEP, BEHIND, SIDE Step Right To Right, Rock Back On Left, Recover On Right Make ¼ Turn Left Stepping Forward On Left, Make ½ Left Stepping Back On Right, Make ½ Turn Left Stepping Forward On Left 09:00 Press Forward On Right, Recover On Left Sweeping Right Step Back On Right Sweeping Left (7) Step Left Behind Right (8) Step Right To Right (&) During Wall 4 Replace Counts (8 &) - Step Back On Left (8) Make ¼ Turn Right (&) Restart Dance Stepping Right To Right (1) Facing 6:00
9-10& 11-12 13&14& 15&16& Ending	CROSS ROCK, RECOVER, SIDE, CROSS UNWIND, CROSS ROCK, SIDE ROCK, COASTER STEP, STEP Cross Rock Left Over Right, Recover On Right, Step Left To Left Cross Right Over Left, Unwind ½ Turn Left (Weight On Left) 03:00 Cross Rock Right Over Left, Recover On Left, Rock Right To Right, Recover On Left Step Back On Right, Step Left By Right, Step Forward On Right, Step Left Beside Right (&) Dances Ends Here During Wall 8 Make ¼ Turn Left Taking Big Step Right Drag &Touch Left by Right 12:00
17-18-19 20&21 22&23 24&25	STEP, ROCK, RECOVER, BACK LOCK STEP, ½ TRIPLE TURN, ¼ ROCK, RECOVER, CROSS Step Forward On Right, Rock Forward On Left, Recover On Right, Step Back On Left, Lock Right Over Left, Step Back On Left, Make ¼ Turn Right Stepping Right To Right, Step Left By Right, Make ¼ Turn Right Stepping Forward On Right 09:00 Making ¼ Turn Right Rock Left To Left, Recover On Right (&) Cross Left Over Right (1) 12:00
26&27 28-29 30&31 32&	ROCK, RECOVER, CROSS, SWAY, RECOVER, BEHIND ½ TURN, CROSS ROCK, RECOVER Rock Right To Right, Recover On Left, Cross Right Over Left Sway Left To Slight Diagonal, Recover Back On Right 10:00 Cross Left Behind Right, Making ½ Turn Right Step Forward On Right (To Diagonal) Step Forward On Left 04:30 Cross Right Over Left, Recover On Left (&) Straighten up to 6:00 to Start Dance Again

Start Again

Music download available from iTunes, Amazon & Spotify





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