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Heart Of Gold

56 Count. 2 Wall. High Improver
Choreographed by: Sara Jalkanen (Fin) March 2020.
Choreographed to: Heart of Gold by Neil Young
Intro:16 Counts. Restarts. Walls 1 & 3 After 32& Counts

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	BACK ROCK, ½ TURN, COASTER STEP, WALK, ANCHOR STEP
1 - 2	Rock back on RF opening body to R diagonal, recover weight on LF
3 - 4&5	Turn ½ L and step RF back, step LF back, RF together, LF forward (6:00)
6 - 7	Walk forward RF, LF
8&1	Lock RF behind LF, step weight on LF, step RF slightly back
SEC 2	½ TURN, ¼ TURN, SAILOR STEP, CROSS ROCK, ¼ SHUFFLE
2 - 3	Turn ½ L stepping LF forward, turn ¼ L stepping RF to side (9:00)
4&5	Cross LF behind RF, Step RF to R, Step LF to L diagonal
6 - 7	Cross rock RF over LF, recover on LF
8&1	Step RF to side, step LF together, turn ¼ R stepping RF forward (12:00)
SEC 3	FORWARD ROCK, ½ TURN LEFT WITH HIP BUMP x2, BACK, TOGETHER
2 - 3	Rock LF forward, recover on RF
4 - 5	Make ¼ turn L touching LF to L side & pushing hip left, make ¼ turn L stepping LF in place (6:00)
6 - 7	Make ¼ turn L touching RF to R side & pushing hip right (7), make ¼ turn L stepping RF in place (12:00)
8&	Step LF back, step RF together
SEC 4	ROCK STEPS FORWARD & SIDE, WEAVE, ½ MONTEREY, SWAY L&R, STEP TOGETHER
1&2&	Rock LF forward, recover on RF, rock LF to side, recover on RF
3&4	Cross LF behind RF, step RF to side, cross LF over RF
5 - 6	Point RF to R side, turn ½ R stepping RF together (6:00)
7 - 8&	Step LF to side swaying L, sway R, step LF together
Restart	Here on walls 1 and 3. You will be facing 6:00 both times to start again.
SEC 5	Here on walls 1 and 3. You will be facing 6:00 both times to start again. SIDE, BEHIND, CHASSE, CROSS ROCK INTO WEAVE
SEC 5	SIDE, BEHIND, CHASSE, CROSS ROCK INTO WEAVE
SEC 5 1 - 2	SIDE, BEHIND, CHASSE, CROSS ROCK INTO WEAVE RF big step side dragging LF towards RF, step LF behind RF popping R knee
SEC 5 1 - 2 Option:	SIDE, BEHIND, CHASSE, CROSS ROCK INTO WEAVE RF big step side dragging LF towards RF, step LF behind RF popping R knee (1) Turn ¼ R and step RF forward, (2) step LF slightly forward and spiral turn ¾ R
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SEC 5 1 - 2 Option: 3&4 5& 6&7&8	SIDE, BEHIND, CHASSE, CROSS ROCK INTO WEAVE RF big step side dragging LF towards RF, step LF behind RF popping R knee (1) Turn ¼ R and step RF forward, (2) step LF slightly forward and spiral turn ¾ R Step RF to side, step LF together, step RF to side Cross rock LF over RF, recover on RF Step LF to side, cross RF over LF, step LF to side, cross RF behind LF, step LF to side
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SEC 5 1 - 2 Option: 3&4 5& 6&7&8 SEC 6 1 - 2	SIDE, BEHIND, CHASSE, CROSS ROCK INTO WEAVE RF big step side dragging LF towards RF, step LF behind RF popping R knee (1) Turn ¼ R and step RF forward, (2) step LF slightly forward and spiral turn ¾ R Step RF to side, step LF together, step RF to side Cross rock LF over RF, recover on RF Step LF to side, cross RF over LF, step LF to side, cross RF behind LF, step LF to side ¼ TURN, TOUCH, ¼ TURN, POINT, WEAVE, SWAY L&R, STEP TOGETHER Step RF forward turning ¼ L, touch LF to side bumping hips to left (3:00)
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Ending:

Dance up to count 6 of section 1, on count 7 step LF together.