



Running Back (To Your Heart)

48 Count 2 Wall Intermediate Level Dance.
Choreographed by: Alan Birchall (UK) & Jacqui Jax (UK) Oct 2023
Choreographed to: Back To Your Heart by Delta Goodrem
Intro: 16 Counts. Start at approx 10 secs.

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

Note: Start Facing 10:30

SEC 1 BACK, ROCK BACK, RECOVER, LOCK STEP, CROSS, SIDE, BEHIND, STEP, HEEL

1-2-3 Step Diagonally Back On Right, Rock Back On Left, Recover On Right
4&5 On Diagonal Step Forward On Left, Lock Right Behind Left, Step Forward On Left
6-7 Cross Right Over Left, Step Left To Left (Straightening To (12:00))
8&1 Cross Right Behind Left, Step Left To Left, Extend Right Heel To Right (1:30)

SEC 2 HOLD, BALL HEEL, HOLD, STEP, CROSS ROCK, RECOVER, FULL TRIPLE TURN

2 Hold
&3-4 Transfer Weight To Ball Right Foot Stepping Left Behind Right, Extend Right Heel To Right, Hold
&5-6 Step Right By Left, Cross Rock Left Over Right, Recover On Right
7&8 Make A Full Triple Turn Left Stepping Left, Right, Left (12:00)

Restart Here on Wall 7

SEC 3 CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, RECOVER, BEHIND, ¼ STEP

1-2 Cross Right Over Left, Step Left To Left
3&4 Step Right Behind Left, Step Left To Left, Cross Right Over Left
5-6 Rock Left To Left, Recover On Right
7&8 Cross Left Behind Right, Make ¼ Turn Right Stepping Forward On Right, Step Forward On Left (3:00)

SEC 4 STEP, LOCK, STEP, ROCK, RECOVER, ½ TURN, ¼ TURN, BEHIND, SIDE, CROSS

1-2 Step Forward On Right, Lock Left Behind Right
&3-4 Step Forward On Right, Rock Forward On Left, Recover On Right
5-6 Make ½ Turn Left Stepping Forward On Left, Make ¼ Turn Left, Stepping Right To Right (6:00)
7&8 Cross Left Behind Right, Step Right To Right, Cross Left Over Right

SEC 5 SIDE, TOGETHER, BACK, SIDE, TOGETHER, ¼ STEP, ¼ PADDLE TURNS X 3, HOLD

1&2 Step Right To Right, Step Left By Right, Step Back On Right
3&4 Step Left To Left, Step Right By Left, Make ¼ Turn Left Stepping Forward On Left (3:00)
5-6 Make ¼ Turn Left Touching Right To Right, Make ¼ Turn Left Touching Right To Right (9:00)
7-8 Make ¼ Turn Left Touching Right To Right, Hold (6:00)

SEC 6 CROSS SAMBA X 2, JAZZ BOX, CROSS

1&2 Cross Right Over Left, Step Left To Left, Step Right In Place
3&4 Cross Left Over Right, Step Right To Right, Step Left In Place
5-6 Cross Right Over Left, Step Back On Left (Angling Body To Left Diagonal) (4:30)
7-8 Step Right To Right, Cross Left Over Right

