



A Tenderheart

48 Count 2 Wall Intermediate Level Dance.
Choreographed by: Severine Fillion (FR) Jan 2025
Choreographed to: Tenderheart by Sam Outlaw
Intro: 32 Counts. Start at approx 25 secs.

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SEC 1 SIDE, BACK MAMBO, TRIPLE ROCK FWD, BALL LARGE STEP BACK & SWEEP, BEHIND, SIDE

- 1 Large right step to the right
- 2&3 Rock slightly back on left, recover on right, left step fwd
- 4& Right fwd, left next to right
- 5-6 Rock step right fwd, recover on left
- &7 Right back next to left, left step back right Sweep backwards
- 8& Right cross behind left, left to left

SEC 2 SYNCOPATED CROSS ROCKS, ¼ SIDE, ROCK BACK, SIDE, BEHIND, ¼ TURN

- 1-2& Cross Rock right over left, recover on left, right to right
- 3-4& Cross Rock left over right, recover on right, left to left
- 5-6& ¼ turn left large right step to right side, rock back on left, recover on right (9:00)
- 7-8& Left to left, right cross behind left, ¼ turn left stepping left fwd (6:00)

Bridge Here on Wall 6

SEC 3 FWD, STEP, ½ TURN, STEP, TRIPLE FULL TURN, SIDE ROCK

- 1-4 Right step fwd, left step fwd
- 3-4 ½ turn right, left step fwd (12:00)
- 5&6 ½ turn left right step back, ½ turn left left step fwd, right step fwd (12:00)
- 7-8 Rock left to left side hip sway to the left, recover on right hip sway to the right

SEC 4 ½ DIAMOND, COASTER STEP

- 1&2 Left cross over right, right to right, left step back ⅛ turning left (10:30)
- 3&4 Right step back, ⅛ turn left stepping left to left, ⅛ turn left stepping right fwd (7:30)
- 5&6 Left step fwd, ⅛ turn left stepping right to right, left step back (6:00)
- 7&8 Right step back, left next to right, right fwd

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SEC 5 BALL ROCKING CHAIR, & ½ TURN, BACK ROCK, ½ TURN, BACK ROCK

- &1-2 Left next to right, Rock step right fwd, recover
- 3-4 Rock back on right, recover
- &5-6 Turn ½ left stepping right back, Rock back on left, recover on right (12:00)
- &7-8 Turn ½ right stepping left back, Rock back on right, recover on left (6:00)

Restart Here on Walls 2 and 4

SEC 6 DOROTHY STEP, DOROTHY STEP, STEP ½ TURN, ½ TOGETHER, BODY ROLL

- 1-2& Right step diagonally right fwd, left cross behind right, right diagonally right fwd
- 3-4& Left step diagonally left fwd, right cross behind left, left diagonally left fwd
- 5-6-7 Right step fwd, Turn ½ left, pivot ½ turn left stepping right next to left (6:00)
- 8 Body roll with knee bend

Bridge After 16 counts of Wall 6, Dance the following then continue from SEC 3

FWD, STEP, ½ TURN, STEP, FULL TURN

- 1-4 Right step fwd, left step fwd
- 3-4 ½ turn right, left step fwd
- 5& ½ turn left right step back, ½ turn left left step forward

