



Take This Heart

32 Count 4 Wall Improver Level Dance.

Choreographed by: Gudrun Schneider (DE) & Heather Barton (UK) Oct 2025

Choreographed to: Take This Heart by Rea Garvey

Intro: 8 Counts. Start at approx 4 secs.

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SEC 1 SIDE, TOGETHER, SHUFFLE FWD, SIDE, TOGETHER, COASTER STEP

- 1-2 RF step right, LF step beside RF
- 3&4 RF step forward, LF step beside RF, RF step forward
- 5-6 LF step left, RF step beside LF
- 7&8 LF step back, RF step beside LF, LF step forward

SEC 2 SYNCOPATED ROCKS, ¾ WALK AROUND

- 1-2& RF step forward, recover on LF, RF beside LF
- 3-4& LF step forward, recover on RF, LF beside RF
- 5-6 Turn ¼ L RF step forward, turn ¼ L LF step forward (6:00)
- 7-8 Turn ¼ L RF step forward, LF step forward (3:00)

Restart Here on Wall 5

SEC 3 WEAVE, POINT, CROSS SHUFFLE, SIDE, ¼ SIDE

- 1-2 RF over LF, LF step side
- 3-4 RF behind LF, LF point left
- 5&6 LF cross over RF, RF beside LF, LF cross over RF
- 7-8 RF step side, ¼ turn L LF step side (12:00)

SEC 4 JAZZ BOX, HEEL GRIND ¼ TURN, BACK ROCK

- 1-2 RF over LF, LF step back
- 3-4 RF step side, LF step forward
- 5-6 RF heel grind, ¼ turn right (3:00)
- 7-8 RF step back, recover on LF

Ending After 28 counts of Wall 11, change the heel grind ¼ to heel grind ½



Remember to Vote for your favourite dances at www.linedancerweb.com

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