

## Dancing Hearts

48 count, 1 wall, beginner/intermediate level  
Choreographer : Michael Barr (USA) 2001  
Choreographed to : Their Hearts Are Dancing by  
Forester Sisters The Ultimate C/W Dance  
Collection Waltz 1 (100bpm)

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Note: Start dance facing the left diagonal

### **TWINKLE LEFT, TWINKLE RIGHT**

- 1-3 Right foot stride forward on left diagonal, left foot step forward then turn to the right diagonal, right foot step forward  
4-6 Left foot stride forward on right diagonal, right foot step forward then turn to the left diagonal, left foot step forward

### **TWINKLE WITH ¼ TURN RIGHT, TWINKLE RIGHT**

- 1-3 Right foot stride forward on left diagonal, left foot step forward then turn to ¼ wall right, right foot step side right on right diagonal  
4-6 Left foot stride forward on right diagonal, right foot step forward then turn to the left diagonal, left foot step forward

### **TWINKLE WITH ¼ TURN RIGHT - LUNGE (ROCK), RETURN, STEP SIDE TO LEFT DIAGONAL**

- 1-3 Right foot stride forward on left diagonal, left foot step forward then turn to ¼ wall right, right foot step side right on right diagonal  
4-6 Left foot lunge (rock) forward on right diagonal, return weight onto right foot in place, left foot step side left to left diagonal

### **STRIDE FORWARD, STEP FORWARD, STEP BACK - STRIDE BACK, STEP SIDE, STEP FORWARD**

- 1-3 Right foot stride forward on left diagonal, left foot step forward, right foot step back  
4-6 Left foot stride back, right foot step side right on right diagonal, left foot step forward on right diagonal

### **STRIDE FORWARD, STEP FORWARD, STEP BACK - STRIDE BACK, DRAG...**

- 1-3 Right foot stride forward on right diagonal, left foot step forward, right foot step back  
4-6 Left foot stride back on left diagonal, right foot drag towards left, right foot finish drag next to left (weight stays on left)

### **TWINKLE LEFT - STRIDE, ¼ TURN LEFT, ¼ TURN LEFT**

- 1-3 Right foot stride forward on left diagonal, left foot step forward then turn to right diagonal, right foot step forward  
4-6 Left foot stride forward on right diagonal, turning ¼ left step back on right foot, turning ¼ left step left foot side left

### **CROSS, SIDE, BEHIND - STRIDE SIDE LEFT, DRAG...**

- 1-3 Right foot stride side left crossing over left, left foot step side left, right foot step side left crossing behind left  
4-6 Left foot stride left, right foot drag towards left, right foot finish drag next to left (weight on left)

### **THREE STEP (FULL) TURN RIGHT - LUNGE, RETURN, STEP SIDE**

- 1-3 Right foot stride ¼ turn right and step forward, left foot step ½ turn right and step back, right foot step ¼ turn right and step side right  
4-6 Left foot lunge (rock) forward on right diagonal, return weight onto right foot in place, left foot step side left to left diagonal

