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Intro: Start dancing on the vocals at the end of the piano introduction.  
Begin with weight on Left foot. Step Right foot back as Christina says the word "HEART".

- S1: SLOW RIGHT COASTER BACK, STEP-LOCK-STEP FORWARD**  
1-2-3 Make a large step back with Right, step onto Left beside Right, step Right forward  
4-5-6 Step Left forward, cross Right behind Left and against Left heel, step Left forward
- S2: BACK-LOCK-BACK, SLOW TRIPLE STEP FULL TURN LEFT**  
7-8-9 Step Right back, cross Left over in front of Right, step Right back  
10-11-12 Turn ½ left and step Left forward, turn ¼ left and step Right back,  
Turn ¼ left and step Left sideways to left side (end with weight on Left facing 12:00)
- S3: LARGE STEP SIDEWAYS RIGHT, DRAG, TOUCH, LARGE STEP SIDEWAYS LEFT, DRAG, TOUCH**  
13-14-15 Make a large step sideways to right with Right, drag Left towards Right, touch Left beside Right  
16-17-18 Make a large step sideways to the left with Left, drag Right towards Left, touch Right beside Left
- S4: ¼ TURN RIGHT, HOLD, HOLD, 1 ¼ TURN RIGHT**  
19-20-21 Turn ¼ right and step Right forward, hold, hold  
22-23-24 Turn ½ right and step Left back, turn ½ right and step Right forward,  
turn ¼ right and step Left sideways to left (6:00)  
(Non turning option: replace counts 22-23-24 with a ¼ turn right and step Left sideways to left,  
step Right beside Left, step Left sideways to the Left (6:00))
- S5: STEP BACK, SWEEP BACK, SLOW COASTER ¼ TURN LEFT**  
25-26-27 Make a large step back with Right, sweep Left from front to back over 2 counts  
28-29-30 Turn ¼ left and Left back, step onto Right beside Left, step Left forward (3:00)
- S6: STEP FORWARD, HOLD, TOUCH BEHIND, STEP BACK, DRAG**  
31-32-33 Make a large step forward with Right, hold, touch Left behind Right heel  
34-35-36 Make a large step back with Left, drag Right along floor and past Left over 2 counts
- S7: BACK-LOCK-BACK, SLOW COASTER ¼ TURN LEFT**  
37-38-39 Step Right back, cross Left over in front of Right, step Right back  
40-41-42 Turn ¼ left and step Left back, step onto Right beside Left, step Left forward (12:00)
- S8: STEP FORWARD, HOLD, TOUCH BEHIND, STEP BACK, HOLD, TOUCH ACROSS**  
43-44-45 Make a large step forward with Right, hold, touch Left behind Right heel  
46-47-48 Make a large step back with Left, (##,###,#####), hold,  
touch toes of Right in front of and against toes of Left
- S9: SLOW RIGHT SCISSOR STEP, SIDE, BEHIND, ¼ TURN LEFT**  
49-50-51 Step Right sideways to right, step onto Left beside Right, cross Right over in front of Left  
(weight is now on Right)  
52-53-54 Step Left sideways to left, cross Right behind Left, turn ¼ left and step Left forward (9:00)
- S10: STEP FORWARD, RECOVER BACK, ½ TURN RIGHT, FULL TURN RIGHT, STEP FORWARD**  
55-56-57 Step Right forward, recover back onto Left, turn ½ right and step Right forward (#)  
58-59-60 Turn ½ right and step Left back, turn ½ right and step Right forward, step Left forward (3:00)  
(Non turning option: replace counts 58-59 with walk forward Left, walk forward Right)
- S11: STEP FORWARD, HOLD, TOUCH BEHIND, SLOW BACK COASTER CROSS**  
61-62-63 Make a large step forward with Right, hold, touch Left behind Right heel  
64-65-66 Make a large step back with Left, step onto Right beside Left, cross Left over in front of Right  
(weight is now on Left)
- S12: 1 ¼ TURN RIGHT, STEP FORWARD, HOLD, TOUCH BEHIND**  
67-68-69 Turn ¼ right and step Right forward, turn ½ right and step Left back,  
turn ½ right and step Right forward (6:00)  
(Non turning option: Replace counts 68-69 with walk forward Left, walk forward Right)  
70-71-72 Make a large step forward with Left, hold, touch Right behind Left heel
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**S13: BACK-LOCK-BACK, BACK-LOCK-BACK**

- 73-74-75 Step Right back on slight angle so body slightly faces the left diagonal, cross Left over in front of Right  
76-77-78 Step Left back on slight angle so body slightly faces the right diagonal, cross Right over in front of Left, step Left back on slight angle

**S14: ROCK BACK, HOLD, HOLD, RECOVER FORWARD, HOLD, HOLD**

- 79-80-81 Step Right back and slightly behind Left, hold, hold  
82-83-84 Recover forward onto Left, hold, hold

**S15: ¼ TURN LEFT, ¼ TURN LEFT, CROSS, ¼ TURN RIGHT, ¼ TURN RIGHT, CROSS**

- 85-86-87 Turn ¼ left and step Right back, turn ¼ left and step Left sideways to left side, cross right over in front of Left  
88-89-90 Turn ¼ right and step Left back, turn ¼ right and step Right sideways to right side, cross Left over in front of Right (6:00)

**S16: STEP SIDEWAYS RIGHT, DRAG, STEP TOGETHER, HOLD, HOLD**

- 91-92-93 Make a large step sideways to the right with Right, drag Left towards Right over 2 counts  
94-95-96 Step onto Left beside Right bending Right knee at the same time to emphasise the end of the dance, hold, hold

**RESTARTS:**

- # Occurs during wall 2 facing 6:00. Dance up to and including count 57 (see below for restart instructions). Dance starts again from the beginning facing 6:00
- ## Occurs during wall 4 facing 12:00 after count 46 (see below for restart instructions). Dance starts again from the beginning facing 12:00
- ### Occurs during wall 6 facing 6:00 after count 46 (see below for restart instructions). Dance starts again from the beginning facing 6:00
- #### Occurs during wall 7 facing 6:00 after count 46 (see below for restart instructions). Dance starts again from the beginning facing 6:00.

**RESTART INSTRUCTIONS:**

**# ¾ TURN RIGHT**

- 58-59-60 Turn ½ right and step Left foot back, turn ¼ right and step/rock Right sideways to the right, rock/recover sideways onto Left

**##,###,####**

- 47-48 Drag Right along floor and past Left for these 2 counts then restart dance from the beginning

**ENDING:** Wall 8 is the last wall and ends facing 12:00.

There are still a few strains of music left (approx 12 counts) so I've added an ending to use these last counts and to finish the dance neatly.

**SLOW RIGHT COASTER BACK, SLOW TRIPLE STEP FULL TURN LEFT, SIDEWAYS RIGHT, DRAG, STEP TOGETHER, HOLD, HOLD**

- 1-2-3 Make a large step back with Right, step onto Left beside Right, step Right forward  
4-5-6 Turn ½ left and step Left forward, turn ¼ left and step Right back, Turn ¼ left and step Left sideways to left side (end with weight on Left facing 12:00)  
7-8-9 Make a large step sideways to the right with Right, drag Left towards Right over 2 counts  
10-11-12 Step onto Left beside Right bending Right knee at the same time to emphasise the end of the dance, hold, hold

This dance is dedicated to my friends Barbara Dunbar and Carly Best.

Without their encouragement and support A THOUSAND YEARS would never have left the safety of home.