

This Tender Heart

64 Count, 2 Wall, Intermediate

Choreographer: Judy Rodgers (US) January 2018

Choreographed to: Tender Heart by Lionel Richie

16 count intro

S1 Rock, recover, shuffle turn ½ R, rock, recover, step lock step

- 1-2 Rock R forward, recover L
- 3&4 Turn 1/2 right shuffle forward R L R (6:00)
- 5-6 Rock L forward, recover R
- 7&8 Step L back, lock R over L, step L back

S2 Turn 1/4 R sway, sway, sway, hold, cross rock, turn 1/4 L, turn 1/4 L

- 1-4 Turn 1/4 right step/sway R to right side, sway L, sway R, hold (9:00)
- 5-8 Cross L over R, recover R, turn 1/4 left step L forward, turn 1/4 left step R to right side (3:00)

S3 Back, sweep, back, sweep, back, together, step, hold

- 1-4 Step L back, sweep R from front to back, step R back, sweep L from front to back
- 5-8 Step L back, step R beside L, step L forward, hold

S4 Turn 1/2 L, turn 1/4 L, step, hold, step, turn 1/2 R, step, hold

- 1-4 Turn 1/2 left step R back, turn 1/4 left step L forward, step R forward, hold (6:00)
- 5-8 Step L forward, turn 1/2 right step R forward, step L forward, hold (12:00)

Restart here on Wall 5 (facing 12:00)

S5 Turn 1/2 L, turn 1/2 L, step, hold, shuffle, rock, recover

- 1-4 Turn 1/2 left step R back, turn 1/2 left step L forward, step R forward, hold (option: walk (X3), hold)
- 5&6 Shuffle forward L R L
- 7-8 Rock R forward, recover L

S6 Back, turn ¼ L, cross shuffle, step cross/touch (X2)

- 1-2 Step R back, turn ¼ left step L to left side (9:00)
- 3&4 Cross shuffle R L R
- 5-8 Step L to left side, touch R toe over L, step R to right side, touch L toe over R

S7 Turn ¼ L, hold, step, together, back, hold, step, drag/touch

- 1-4 Turn ¼ left step L forward, hold, step R to right side, step L beside R (6:00)
- 5-8 Step R back, hold, step L to left side, drag/touch R beside L

Restart here on Wall 1 and Wall 3 (both times at 6:00)

S8 Back rock, side rock, jazz box

- 1-4 Rock R back, recover L, rock R to right side, recover L

Restart here on Wall 6 (facing 6:00)

- 5-8 Cross R over L, step L back, step R to right side, step L forward

Ending Wall 8 (last wall) dance 15 counts, change count 16 to turn 1/2 L to face front