

## Hole In My Heart

48 Count, 4 Wall, Intermediate (Waltz)

Choreographer: Nathan Gardiner (UK) Sept 2015

Choreographed to: Hole In My Heart by Luke Friend

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**Intro: 24 counts start on vocals - No Tags or Restarts****(1-12) STEP FORWARD, SWEEP, STEP FORWARD, SWEEP, STEP FORWARD, SWEEP, CROSS ROCK, SIDE**

1-2-3 Step forward on left, Sweep right from behind to front for 2 counts

4-5-6 Cross step right over left slightly, Sweep left from behind to front for 2 counts

1-2-3 Cross step left over left slightly, Sweep right from behind to front for 2 counts

4-5-6 Cross rock right over left, Recover on left, Step right to right side

**(13-24) CROSS UNWIND FULL TURN RIGHT, STEP RIGHT, POINT, 1/4 LEFT, 1/2 LEFT, 1/4 LEFT, 3/4 LEFT, 1/4 LEFT, CROSS**

1-2-3 Cross step left over right, Unwind full turn right hitching right knee up for 2 counts

4-5-6 Step right to right side, Point left toes to left side, HOLD

1-2-3 Turn 1/4 left stepping forward on left, Turn 1/2 left stepping back on right, Turn 1/4 left stepping left to left side

4-5-6 Turn 3/4 left stepping back on right, Turn 1/4 left stepping left to left side, Cross step right over left

**Easy option: Cross shuffle****(25-36) SWAY LEFT, SWAY RIGHT, SWAY LEFT, RECOVER 1/4 RIGHT WITH SWEEP**

1-2-3 Step left to left side swaying hips to left side for 2 counts

4-5-6 Step right to right side swaying hips to left side for 2 counts

1-2-3 Step left to left side swaying hips to left side for 2 counts

4-5-6 Recover on right turning 1/4 right, Sweep left from behind to front for 2 counts

**(37-48) LEFT TWINKLE, RIGHT TWINKLE, ROCK FORWARD, RECOVER**

1-2-3 Cross step left over right, Step right to right side, Step left next to right (slightly travelling forward)

4-5-6 Cross step right over left, Step left to left side, Step right next to left (slightly travelling forward)

1-2-3 Rock forward on left, Hold for 2 counts

4-5-6 Recover on right, Hook left across right for 2 counts