Linedancer

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Heal My Heart

72 Count, 2 Wall, Intermediate Level
Choreographer: Carol & Eddie (Aus) Sept 2007
Choreographed to: Per Tuo Triste Cour
by Fredrik Kempe

SIDE ROCK, 1 ¼ ROLLING TURN RIGHT, STEP ½ PIVOT, STEP
1-3 Rock R out to R, recover onto L, turn ¼ R, step forward onto R
4 Turn ½ R, step back onto L
5-7 Turn ½ R, step forward onto R, step L forward, Pivot ½ R taking weight on R
8 Step forward onto L (9.00)

RIGHT COASTER FORWARD, LEFT COASTER BACK, STEP HOLD & STEP HOLD
1&2 Step R forward, step L beside R (&), step R back
3&4 Step L back, step R beside L (&), step L forward
5-6 Step forward on R, Hold
&7-8 Step L beside R (&), step forward on R, hold (9.00)

FORWARD ROCK RECOVER, 1 ¼ TRIPLE TURN, CROSS HOLD & CROSS HOLD
1-3&4 Rock forward on L, recover onto R, 1 ¼ turn L stepping L R L in place
5-6 Cross R over L, hold
&7-8 Step L slightly out to L side (&) cross R over L, hold (6.00)

SIDE ROCK ¼ TURN, TOUCH BACK ½ PIVOT TURN X 2, LEFT COASTER BACK
1-2 Rock L out to L, ¼ turn L recovering weight onto R in place
3-4 Touch ball of L back, pivot ½ L taking weight onto R
5-6 Touch ball of L back, pivot ½ L taking weight onto R
7&8 Step L back, step R beside L (&), step L forward (3.00)

SIDE ROCK, CROSS SHUFFLE, ¼ TURN, ¼ TURN, CROSS SHUFFLE
1-2 Rock R out to R, recover onto L
3&4 ## Cross R over L, step L slightly out to L side (&), cross R over L
5-6 Turn ¼ R step back onto L, turn ¼ R, step R to R side
7&8 Cross L over R, step R slightly out to R side (&), cross L over R (9.00)

SIDE ROCK, CROSS SHUFFLE , ¼ TURN, ½ TURN, SHUFFLE FORWARD
1-2 Rock R out to R, recover onto L
3&4 Cross R over L, step L slightly out to L side (&), cross R over L
5-6 Turn ¼ step back onto L, turn ½ R, step forward onto R
7&8 Step forward on L, step R beside L (&), step forward on L (6.00)

FWD ROCK RECOVER, TOUCH BACK ½ PIVOT TURN, LOCKING SHUFFLES FWD LEFT & RIGHT
1-2 Rock forward on R, recover onto L
3-4 Touch ball of R back, pivot ½ R taking weight onto R
5&6 Step L forward, lock R behind L, step L forward
7&8 Step R forward, lock L behind R, step R forward (12.00)

FORWARD ROCK RECOVER, 1 ½ TRIPLE TURN BACK, STEP SWEE, STEP SWEEP
1-2 Rock forward on L, recover on R
3&4* Turn ½ L, step forward on L, turn ½ L step back on R, turn ½ L step forward on L
5-6 Step forward on R, sweep L out to side
7-8** Step forward on L, sweep R out to side (6.00)

COASTER FORWARD, LOCKING SHUFFLES BACK LEFT & RIGHT, FULL TURN TRIPLE LEFT
1&2 Step R forward, step L beside R, step R back
3&4 Step L back, lock R over L, step L back
5&6 Step R back, lock L over R, step R back
7&8 Full turn L stepping L R L in place (6.00)

Restarts
Wall 1 after count 60 * facing back wall
Wall 3 after count 60* facing back wall
Wall 5 after count 64 ** facing back wall

Ending ## Wall 7 after count 36 add the following 5 counts
1 Turn ¼ R step back onto L
2 Turn ½ R step forward onto R
3&4 Shuffle forward L R L
5 Stomp R forward