



Approved by:



Heart Of The Ocean

4 WALL - 32 COUNTS (48 COUNT TAG) - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 & 3 - 4 5 - 6 & 7 - 8	Step, Point, Together, Modified 1/2 Monterey, Side, Rock, Together, Side Rock Step right forward. Point left to left side. Step left beside right. Point right to right side. Make 1/2 turn right stepping right beside left. (6:00) Rock left to left side. Recover onto right. Step left beside right. Rock right to right side. Recover onto left.	Step Point & Point Turn Side Rock & Side Rock	Forward Turning right On the spot
Section 2 1 & 2 3 & 4 5 - 6 7 & 8 Option	Sailor Step x 2, Step 1/2 Pivot, Forward Full Turn Shuffle Cross right behind left. Step left to left side. Step right to place. Cross left behind right. Step right to right side. Step left to place. Step right forward. Pivot 1/2 turn left. (12:00) Turning 1/2 left forward, step right back. Turning 1/2 left, step left forward. Step right forward. (12:00) 7 & 8: Replace with Forward right shuffle.	Right Sailor Left Sailor Step Turn Full Turn Step	On the spot Turning left Forward
Section 3 1 - 2 & 3 - 4 & 5 - 6 7 & 8	Forward Rock, Together (x 2) Step 1/4 Pivot, Cross Shuffle Rock left forward. Recover onto right. Step left beside right. Rock right forward. Recover onto left. Step right beside left. Step left forward. Pivot 1/4 turn right. (3:00) Cross left over right. Step right to right side. Cross left over right.	Rock & Together Rock & Together Step Turn Cross Shuffle	On the spot Turning right Right
Section 4 1 - 2 3 & 4 Note 5 & 6 7 - 8 Note	Hinge 1/2 Turn, Front Sailor Step (travelling forward) x 2, Step 1/2 Pivot Making 1/4 turn left step right back. Making 1/4 turn left step left forward. (9:00) Cross right over left. Rock left to left side. Recover onto right Ending: in final sequence end here - add step left forward and strike a pose! Cross left over right. Rock right to right side. Recover onto left. Step right forward. Pivot 1/2 turn left. (3:00) Counts 3 & 4 and 5 & 6: travelling forward.	Quarter Quarter Cross Left Rock Cross Right Rock Step Turn	Turning left Forward Forward Turning left
TAG Tag 1 - 8 1 & 2 3 & 4 5 - 6 7 - 8 Option	48 Counts danced after every 4 Walls (brings you back to 12:00 each time): Front Sailor Step x 2 (travelling forward), Step, Pivot 1/2, Full Turn Cross right over left. Rock left to left side. Recover onto right Cross left over right. Rock right to right side. Recover onto left. Step right forward. Pivot 1/2 turn left. (6:00) Turning 1/2 left forward, step right back. Turning 1/2 left, step left forward. 7 - 8: Replace with Walk forward right, Walk forward left	Cross Left Rock Cross Right Rock Step Turn Full Turn	Forward Forward Turning left
Tag 9 - 16 1 - 2 3 & 4 5 - 6 7 & 8	Forward Rock, Coaster Cross, Side Rock, Behind Side Cross Rock forward on right. Recover onto left. Step right back. Step left beside right. Cross step right over left. Rock left to left side. Recover onto right. Cross left behind right. Step right to right side. Cross step left over right.	Forward Rock Coaster Cross Side Rock Behind Side Cross	On the spot Right
Tag 17 - 24 1 - 2 3 & 4 5 - 6 7 & 8	Side Rock, Behind Side Cross, 1/2 Hinge Turn, Cross Shuffle Rock right to right side. Recover onto left. Cross right behind left. Step left to left side. Cross step right over left. Turning 1/4 right step left back. Turning 1/4 right step right to side. (12:00) Cross left over right. Step right to right side. Cross left over right.	Side Rock Behind Side Cross Turn Turn Cross Shuffle	On the spot Left Turning right Right
Tag 25 - 32 1 - 2 3 & 4 5 6 & 7 8	Side Rock, Behind Side Cross, Side, Behind Side Cross, Side Rock right to right side. Recover onto left. Cross right behind left. Step left to left side. Cross step right over left. Step left to left side. Cross right behind left. Step left to left side. Cross step right over left. Step left to left side.	Side Rock Behind Side Cross Side Behind Side Cross Side	On the spot Left
Tag 33 - 40 1 - 2 & 3 - 4 5 - 6 7 & 8	Cross Rock, Ball Cross, Side, 1/4 Turn x 2, Sailor Step Cross rock right over left. Recover onto left. Step right back. Cross step left over right. Step right to right side. Turning 1/4 left step left to side. Turning 1/4 left step right to right side. (6:00) Cross left behind right. Step right to right side. Step left to place.	Cross Rock Back Cross Side Turn Turn Sailor Step	Back Right Turning left On the spot
Tag 40 - 48 1 - 8	Cross Rock, Ball Cross, Side, 1/4 Turn x 2, Sailor Step Repeat counts 33 - 40 to return to front wall (12:00) and start the dance again.		

Choreographed by: Peter & Alison (UK) May 2009

Choreographed to: 'Mamacita' by Mark Medlock (127 bpm) CD Single
(28 count intro not including the crickets)

Choreographers' Note: Our thanks to Kelvin for bringing this song to our attention

Tag: A 48-count Tag is danced at the end of every 4 Walls



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