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E-mail: admin@linedancermagazine.com

Hjärtats Väg (Road Of The Heart)

114 count, 2 wall, intermediate level

Choreographer: Anna Ekberg (Sweden) May 2004
Choreographed to: Genom Eld O Vatten (Through
Fire And Water) by Sarek

Start with the lyrics

SECTION A

ROCK STEP, COASTER STEP, STEP TURN LEFT 2*

- 1-2 rock forward on left, recover on right
- 3&4 step back on left, step right beside left step forward on left
- 5-6 step forward on right, make a 1/2 turn left
- 7-8 step forward on right, make a 1/2 turn left

ROCK STEP, COASTER STEP, STEP TURN RIGHT 2*

- 1-2 rock forward on right, recover on right
- 3&4 step back on right, step left beside right, step forward on right
- 5-6 step forward on left, make a 1/2 turn right
- 7-8 step forward on left, make a 1/2 turn right

LEFT AND RIGHT WINE WITH POINT

- 1-2 step left to left side, step right behind left
- 3-4 step left to left side, point right to right side
- 5-6 step right to right side, step left behind right
- 7-8 step right to right side, point left to left side

FULL TURN WITH HITCHES, STEP AND HEELHOOKS

- 1-2 step left to left with a 1/4 turn left, hitch right knee
- 3 on ball of right turn 1/2 turn right stepping back on right
- 4 hitch left knee up and make a 1/4 turn left
- 5-6 step left to left side, hook right heel under left knee
- 7-8 step right to right side, hook left heel under right knee

SECTION B

CROSS ROCK, CHASSE LEFT, CROSSROCK, CHASSE RIGHT

- 1-2 cross left over right, recover on right
- 3&4 step left to left side, step right beside left, step left to left side
- 5-6 cross right over left, recover on left
- 7&8 step right to right side, step left beside right, step right to right side

RIGHT WAVE WITH POINT, CROSS SHUFFLE CHASSE WITH 1/4 TURN LEFT

- 1-2 cross left over right, step right to right side
- 3-4 step left behind right, point right to right side
- 5&6 cross right over left, step left to left side, cross right over left
- 7&8 step left to left side, step right beside left, step left to left side with a 1/4 turn left

BACK ROCK, FULL TURN RIGHT, LONG STEP, SLIDE, HEELBUMPS

- 1-2 rock back on right, recover on left
- 3 on ball of left make a 1/2 left stepping back on right
- 4 on ball of right make a 1/2 turn left stepping left forward
- 5-6 step diagonally forward on right, slide left beside right
- 7-8 raise both heels, then down

LONG STEP, SLIDE, HEELBUMPS, JAZZBOX

- 1-2 step diagonally forward on left, slide right beside left
 - 3-4 raise both heels, then down
 - 5-6 cross right over left, step back on left
 - 7-8 step forward on right with a 1/4 turn right, step left beside right
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TAG 1**LONG STEP, SLIDE, STEPS ON THE SPOT**

- 1 take a long step to the left with left foot
- 2-4 slide right foot next to left (on 3 counts)
- 5-8 step right, left, right, left on the spot

LONG STEP, SLIDE, STEPS ON THE SPOT

- 1 take a long step to the right with right foot
- 2-4 slide left foot next to right (on 3 counts)
- 5-8 step left, right, left, right on the spot

TAG 2**LONG STEP SLIDE, STEPS ON THE SPOT, HEELHOOKS**

- 1 take a long step to the left with left foot
- 2-4 slide right foot next to left (on 3 counts)
- 5-6 step right, left, on the spot
- 7-8 tap right heel forward, hook right heel under right knee

LONG STEP, SLIDE, STEPS ON THE SPOT, HEELHOOKS

- 1 long step to the right with right foot
- 2-4 slide left foot next to right (on 3 counts)
- 5-6 step left, right on the spot
- 7-8 tap left heel forward, hook left heel under right knee

LONG STEP, SLIDE, STEPS ON THE SPOT, HEELHOOKS

- 1-4 take a long step forward with left foot, slide right foot next to left (on 3 counts)
- 5-6 step right, left on the spot
- 7-8 tap right heel forward, hook right heel under right knee

LONG STEP, SLIDE, STEPS ON THE SPOT, HEELHOOKS

- 1-4 take a long step back with right foot, slide left foot next to right (on 3 counts)
- 5&6 step left, right on the spot
- 7-8 tap left heel forward, hook left heel under right knee
- 9-10 repeat count 7-8

Sequence: AAA, BB, tag 1, AA, BB, tag 2, BB

The music to this dace is called "Gemon Eld och Vatten" (Through Fire and Water) from the album with the same name. It's performed by the Swedish group SAREK.

The music can be reached from the record company : StartKlartRecords AB, Box 1096, 82412 Hudviksval