

The Heart

62 Count, 4 Wall, Intermediate

Choreographer: Karin Ploeger (USA) Dec 2015

Choreographed to: The Heart by Needtobreathe.

Album: Rivers in the Wasteland

Notes: Dance starts after 2 counts

- S1: Side-close-Step fwd. L/Side-close-Step fwd. R/Stomp L/Heel Lifts/
Point Back R/Turn ½ R**
1&2 Step left with LF, close RF next to L, step fwd L
3&4 Step right with RF, close LF next to R, step fwd R
&5, 6 Stomp LF next to RF, lift both heels and set down again
7, 8 Point back R toe, turn ½ right, weight at the end on RF
- S2: Mambo fwd. L/Rock fwd. R/Sailer Step R/Scuff L/Cross L over R/Unwind ¾ R**
1&2 Step fwd with LF, recover weight on RF, close LF next to RF
3, 4 Rock fwd on RF, recover on LF
5&6 Step RF behind LF, step fwd with LF, close RF next to LF
&7, 8 Scuff LF past RF, cross LF over RF, turn ¾ right, weight at the end on RF
- S3: Scuff L/Hook L/Kick-Ball-Cross L/Step L/¼ Pivot R/Shuffle fwd. L**
1, 2 Scuff LF past RF, hook LF over right knee
3&4 Kick LF, close LF next to RF, cross RF over LF
5, 6 Step fwd. with LF and turn ¼ right on RF, weight at the end on RF
7&8 Step fwd with LF, close RF next to LF, Step fwd with LF
- S4: Shuffle fwd. R/Scissor Step L/Side R/Drag L/Stomp L/Toe Fan L**
1&2 Step fwd with RF, close LF next to RF, step fwd with RF
3&4 Step to L side with LF, close RF next to LF, cross LF over RF
5, 6 Step to R side with RF, drag LF next to RF
&7, 8 Stomp LF next to RF, fan L toe out, fan L toe in
- S5: Out R-Clap/Out L-Clap/In R-Clap/In L-Clap/Heel R/Touch R**
1-4 Step fwd/out with RF and clap in hands, step fwd/out with LF and clap in hands,
Step back/in with RF and clap in hands, Step back/in with LF and clap in hands
5, 6 Point R heel fwd and touch RF next to LF
- S6: Step R/Touch behind L/Back L/Hook R/Flick R ¼ Turn /Stomp R/Heel Lifts**
1, 2 Step fwd with RF, touch behind RF with LF
3, 4 Step back with LF, hook R heel in front of L knee
5 Flick R foot out of R side and turn ¼ to the L
6-8 Stomp RF next to LF, lift both heels and set down again, weight at the end of LF
- S7: Toe-Heel Fans Out + In R/Stomp L/Side L/Drag R/Stomp R**
1-4 Fan R toe out, fan R heel out, fan R heel in, fan R toe in
5, 6 Stomp LF next to RF, step left with LF
7, 8 Drag RF next to LF, stomp RF next to LF, weight at the end on RF
- S8: Rock fw. L/Shuffle back ½ turn L/Shuffle back ½ turn L/Point to side L/Flick L**
1, 2 Rock fwd with LF, recover on R
3&4 Step back on LF, close R next to L, step back on L as you make a ½ turn
5&6 Step back on RF, close L next to R, step back on R as you make ½ turn
7, 8 Point L toe to L side, flick L toe behind R leg

Tag (after Round 4)

- Close L/Heel Lifts/Hold**
1-4 Close LF next to RF, lift both heels and set down again, hold for 1 count,
weight at the end on RF