

## **Her Steady Heart**

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Choreographed by: Carolyn Jurek (CAN), Rob Fowler (ES) & I.C.E. May 2022

Choreographed to: Steady Heart by Kameron Marlowe

Intro: 16 Counts. Start at approx 13 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 1-2& 3-4& 5-6& Option 7-8&	SIDE, BEHIND SIDE, CROSS ROCK, ¼ TURN, ¾ SPIRAL, SIDE, CROSS, BASIC Long step R to right side dragging L toward R, Cross L behind, Step R side Slow cross rock L, recover R, Step L ¼ turn left (9:00) Step R making ¾ spiral turn left, Step L side, Cross R in front (12:00) &5 Step L side, Cross R in front Long step L dragging R towards L, Step ball of R behind L, Cross L in front
SEC 2 1-2& 3&4&5 6-7 8&	STEP ¼ TURN, STEP ¼ PIVOT, CROSS ROCK, STEP-TOUCH-POINT, 2 SWEEPS BACK, BEHIND-SIDE Turn ¼ right stepping R forward, Step L forward, make ¼ turn right ending weight R (6:00) Cross rock L, recover R, Step L side, Touch R beside L, Point R to right side Step R back while sweeping L back, Step L back while sweeping R back Step R behind L, Step L side
SEC 3 1-2& 3-4& Note 5-6 7&8&	CROSS, HINGE ½ TURN, CROSS ROCK, ¾ TURN, 2 WALKS, ROCK FWD, STEP BACK, STEP ¼ TURN SIDE  Cross R over L (prep), Make ¼ turn right stepping back L, make ¼ turn right stepping R to side  Cross rock L, recover R beginning ¾ turn left, step L fwd into diagonal (7:30)  Feels like ½ turn from 1:30 diagonal on cross-rock, to opposite diagonal over left shoulder  Slow walk into diagonal R-L (breathe)  Rock R fwd into diagonal, recover L, Run R back, Make ¼ turn left stepping L to left side (6:00)
<b>SEC 4</b> 1-2& 3-4&	SERPIENTE ½ TURN, SIDE-BEHIND, STEP ¼ TURN, STEP ¼ PIVOT, CROSS  Step R fwd while sweeping L from behind to front, Cross L over R, Step R side (6:00)  Step L back while sweeping R from front to behind, Cross R behind L, Step L ¼ turn left (3:00)
Restart	Here on Wall 5, add ¼ turn left to face front wall for Count 1
5-6& 7-8&	Turn left ¼ long step R to right side, Cross L behind, Step R ¼ right (3:00) Step L fwd, make slow ¼ turn right ending weight R, cross L over right (6:00)
SEC 5 1-2 3& 4& (1) Option	SLOW SWAY, CROSS ROCK, FULL ROLLING TURN RIGHT Sway R to right side, Sway L to left side Cross R over L, recover L beginning turn right Step R side making ¼ turn right, Step L back making ½ turn right ¼ right to complete the full rolling turn to start the dance again 4& Step R side, Cross L in front
Ending	The music ends during Wall 7 in SEC 3-on counts 5-6, instead of walking to the diagonal,



adjust the walks toward 12:00 and add a final step forward (or full spiral turn left) to end on count 7