

Hand On Heart



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Choreographed by: Guillaume Richard (FR) & Debbie Rushton (UK) Feb 2023

Choreographed to: Whistle by Jax Jones ft Callum Scott

Intro: 16 Counts. Start at approx 7 secs.

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SEC 1	DOROTHY STEP, CROSS ROCK RECOVER, FULL TURN, SIDE TOUCH BEHIND
1-2&	Step R to R diagonal, Lock L behind R, Step R to R diagonal
3-4	Cross rock L over R, Recover back onto R
5-6	Make ¼ turn L stepping L forward, Make ½ turn L stepping R back (3:00)
7-8	Make ¼ turn L stepping L to L side, Touch R behind L (look over L shoulder) (12:00)
SEC 2	OUT OUT, FULL TURN, SIDE HOLD & SIDE FLICK
1-2	Step R out to R side (pushing R hip out), step L out to L side (pushing L hip out)
3-4	Make ¼ turn R stepping R forward, Make ½ turn R stepping L back (9:00)
5-6	Make ¼ turn R taking big step to R side, Hold (12:00)
&78	Step L beside R, Step R to R side, Step L beside R and flick R foot up to R side
SEC 3 1-2	CROSS, SIDE, BACK TOUCH, SHUFFLE SWEEP, CROSS ¼ TURN SIDE Cross R over L, Step L to L side
&3	Rock R behind L (angle body to R diagonal), Touch L toe in place
4&5	L shuffle forward to diagonal, sweeping the R around on count 5 (1:30)
6-7-8	Cross R over L squaring up to 3:00, Make ¼ turn R stepping L back, Step R to R side (6:00)
SEC 4	STEP 1/4 TURN, WALK BACK X2, BACK ROCK RECOVER, STEP 1/2 TURN
1-2	Step L forward, Keeping feet in place, pivot ¼ turn R keeping weight on L (9:00)
Arms	Push R hand forward, palm facing forward
3-4	Walk back R, Walk back L
Arms	Place R hand on your heart, place L hand on top of R hand
5-6	Rock back on R, Recover forward onto L
Arms	Bring both arms down
7-8	Step R forward, Pivot ½ turn L taking weight on L (3:00)

