

# Hands On My Heart



Count: 64      Wall: 4      Level: Easy Intermediate

Choreographer: Vivienne Scott (Ca)

Music: "Don't Take Your Hands Off My Heart" by Dawn Sears

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## Start on lyrics

### [1-8]CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE

- 1-2              Cross rock R over L, recover on L,
- 3&4             Shuffle to the right stepping, r,l,r
- 5-6             Cross rock L over R, recover on R
- 7&8             Shuffle to the left stepping, l,r,l

### [9-16]ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE, PIVOT 1/2 TURN, SHUFFLE FORWARD

- 1-2              Rock forward on R, recover on L
- 3&4             Turn 1/2 R and shuffle forward, r,l,r
- 5-6             Step L forward, pivot 1/2 turn R
- 7&8             Shuffle forward stepping l,r,l

### [17-24]ROCK FORWARD, RECOVER, 1/4 TURN SHUFFLE, WEAVE

- 1-2              Rock forward on R, recover on L
- 3&4             Turn 1/4 R and shuffle to the right stepping r,l,r
- 5-8             Cross L over R, step R to R side, step L behind R, step R to R side

### [25-32]CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE, PIVOT 1/2 TURN X 2

- 1-2              Cross rock L over R, recover on R
- 3&4             Turn 1/4 L and shuffle in place stepping l,r,l
- 5-6             Step R forward, pivot 1/2 turn L
- 7-8             Step R forward, pivot 1/2 turn L

#### (Easier Option for 5-8 Rocking Chair)

### [33-40]SHUFFLE FORWARD, PIVOT 1/2 TURN X 2, SHUFFLE FORWARD

- 1&2             Shuffle forward stepping r,l,r
- 3-4             Step L forward, pivot 1/2 turn R
- 5-6             Step L forward, pivot 1/2 turn R
- 7&8             Shuffle forward stepping l,r,l

#### (Easier Option for 3-6 Rocking Chair)

### [41-48]ROCKS FORWARD, SIDE, BACK, SWAYS

- 1-4              Rock forward on R, recover on L, rock R to right side, recover on L
- 5-8              Rock back on R, recover on L, step R to right side & sway R, sway L

### [49-56]STEP, HOLD, ROCK BACK, RECOVER, STEP TURNS, SHUFFLE FORWARD

- 1-2              Step R to right side, hold

3-4 Rock back on L, recover on R  
5-6 Turn 1/4 R & step L to left side, turn 1/2 R & step R forward  
7&8 Shuffle forward stepping l,r,l

**[57-64]R DIAGONAL LOCK FORWARD, BRUSH, L DIAGONAL LOCK FORWARD, BRUSH**

1-4 Step R to right diagonal, lock L behind R, step R to right diagonal, brush L beside R  
5-8 Step L to left diagonal, lock R behind L, step L to left diagonal, brush R beside L

**RESTART: On 4TH wall facing 3 o'clock, dance first 16 counts, then start again**

**There is also a partner version of this dance.**

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