

## HEAL ME

Released E17 Nuline Dance London

Choreographers: Alan G. Birchall & Jacqui Jax (Nuline Dance)

Level: Improver/Intermediate

Dance: 32 Count Walls: 2

Tags/Restarts: 1

Music: Heal Me - Grace Carter

Available: iTunes Amazon & Spotify

Start: On The Word 'Face' Seconds: 23 Counts: 16 (From Start Of Lyrics) BPM: 84



### SIDE, ROCK BACK, RECOVER, ¼ TURN, FULL TURN, PRESS, RECOVER, SWEEP, SWEEP, BEHIND, SIDE

1-2& Step Right To Right, Rock Back On Left, Recover On Right

3-4& Make ¼ Turn Left Stepping Forward On Left, Make ½ Left Stepping Back On Right, Make ½ Turn Left Stepping Forward On Left **Alternative: Step Right Left (4&) 09:00**

5-6 Press Forward On Right, Recover On Left Sweeping Right

7-8& Step Back On Right Sweeping Left (7) Step Left Behind Right (8) Step Right To Right (&)

**TAG: During Wall 4 Replace Counts (8 &) - Step Back On Left (8) Make ¼ Turn Right (&)  
Restart Dance Stepping Right To Right (1) Facing 6:00**

### CROSS ROCK, RECOVER, SIDE, CROSS UNWIND, CROSS ROCK, SIDE ROCK, COASTER STEP, STEP

9-10& Cross Rock Left Over Right, Recover On Right, Step Left To Left

11-12 Cross Right Over Left, Unwind ½ Turn Left (Weight On Left) **03:00**

13&14& Cross Rock Right Over Left, Recover On Left, Rock Right To Right, Recover On Left

15&16& Step Back On Right, Step Left By Right, Step Forward On Right, Step Left Beside Right (&)

**ENDING: Dances Ends Here During Wall 8**

**Make ¼ Turn Left Taking Big Step Right Drag & Touch Left by Right 12:00**

### STEP, ROCK, RECOVER, BACK LOCK STEP, ½ TRIPLE TURN, ¼ ROCK, RECOVER, CROSS

17-18-19 Step Forward On Right, Rock Forward On Left, Recover On Right,

20&21 Step Back On Left, Lock Right Over Left, Step Back On Left,

22&23 Make ¼ Turn Right Stepping Right To Right, Step Left By Right, Make ¼ Turn Right Stepping Forward On Right **09:00**

24&25 Making ¼ Turn Right Rock Left To Left, Recover On Right (&) Cross Left Over Right (1) **12:00**

### ROCK, RECOVER, CROSS, SWAY, RECOVER, BEHIND ½ TURN, CROSS ROCK, RECOVER

26&27 Rock Right To Right, Recover On Left, Cross Right Over Left

28-29 Sway Left To Slight Diagonal, Recover Back On Right **10:00**

30&31 Cross Left Behind Right, Making ½ Turn Right Step Forward On Right (To Diagonal) Step Forward On Left **04:30**

32& Cross Right Over Left, Recover On Left (&)  
*Straighten up to 6:00 to Start Dance Again*

### START AGAIN

Choreographers Notes:

**IMPROVER Alternative - Replace Full Turn Counts 4&**

**As the music fades at the end of the dance listen carefully for the 'Ripple'... add own styling to finish! HAVE FUN**

