

# Hand on Heart

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Guillaume Richard (FR) & Debbie Rushton (UK) - February 2023

**Music:** Whistle - Jax Jones & Calum Scott

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**Count In: After 16 counts (on lyrics)**

## **DOROTHY STEP, CROSS ROCK RECOVER, FULL TURN L, 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  
7 8 Make ¼ turn L stepping L to L side, Touch R behind L (look over L shoulder)

## **OUT OUT, FULL TURN R, 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  
5 6 Make ¼ turn R taking big step to R side, Hold count 6  
& 7 8 Step L beside R, Step R to R side, Step L beside R and flick R foot up to R side

## **CROSS, SIDE, BACK TOUCH, L SHUFFLE SWEEP, CROSS ¼ TURN SIDE**

1 2 Cross R over L, Step L to L side  
& 3 Rock R behind L (angle body to R diagonal – 1 o'clock), Touch L toe in place  
4&5 L shuffle forward to diagonal (1 o'clock), sweeping the R around on count 5  
6 7 8 Cross R over L squaring up to 3 o'clock wall, Make ¼ turn R stepping L back, Step R to R side

## **STEP ¼ TURN, WALK BACK x2, BACK ROCK RECOVER, STEP ½ TURN**

1 2 Step L forward (Push R hand forward, palm facing forward), Keeping feet in place, pivot ¼ turn R keeping weight on L (arm stays up)  
3 4 Walk back R (place R hand on your heart), Walk back L (place L hand on top of R hand)  
5 6 Rock back on R (bring both arms down), Recover forward onto L  
7 8 Step R forward, Pivot ½ turn L taking weight on L

**NO TAGS, NO RESTARTS, ENJOY!! 😊**

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