

Heavy Heart

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Lee Hamilton, Stephen & Lesley McKenna (Scotland) May 2017

Music: Frames by Lee DeWyze - iTunes

Intro: 32 Counts

[Section 1] R shuffle fwd, L fwd, ¼ R pivot turn, cross L, ¼ L stepping R back, L coaster step

1 & 2	Step R fwd, close L beside R, step R forward	(12:00)	
3 & 4	Step L fwd, pivot ¼ R		(03:00)
5 & 6	Cross L over R, make a ¼ L by stepping R back	(12:00)	
7 & 8	Step L back, close R beside L, step L fwd		(12:00)

[Section 2] R fwd, L hitch, L coaster step, ¼ L stepping R side, hold, ball side, L touch

1 2	Step R fwd, hitch L knee	(12:00)	
3 & 4	Step L back, close R beside L, step L fwd	(12:00)	
5 6	Make a ¼ L by stepping R to right side, hold	(09:00)	
& 7 8	Step ball of left beside right, step R to right side, touch L beside right	(09:00)	

[Section 3] ¼ L stepping L fwd, ¼ L stepping R side, L behind, ball cross, R side rock, together, switch toes L & R

1 2	Make a ¼ L by stepping L fwd, Make a ¼ L by stepping R to right side	(03:00)	
3 & 4	Cross L behind R, step R to right side, cross L over R	(03:00)	
5 6 &	Rock R to right side, recover, close R beside L	(03:00)	
7 & 8	Point L toe to left side, close L beside R, point R toe to right side	(03:00)	

[Section 4] R sailor, ¼ Sailor Left, R jazz box, L shuffle fwd

1 & 2	Step R foot behind L, step L to left side, recover onto R	(03:00)	
3 & 4	Cross L ¼ left behind R, small step R to right side, recover onto L	(12:00)	
5 6 7	Cross R over L, step L back, step R to right side	(12:00)	
8 & 1	Step L fwd, close R beside L, step L forward		(12:00)

[Section 5] R rock fwd, 1/2 shuffle R, ¼ R stepping L side, R kick, R out, L out, ball cross L

2 3	Rock R fwd, recover onto L	(12:00)	
4 & 5	Step R ¼ right, step L beside R, step R ¼ right fwd	(06:00)	
6 7	Make a ¼ R by stepping L to left side, kick R fwd	(09:00)	
& 8 & 1	Step R to right side, step L to left side, close R beside L, cross L over R	(09:00)	

[Section 6] Hold, R out, L out, ball cross L, R chasse, L sailor

2	Hold		(09:00)
& 3 & 4	Step R to right side, step L to left side, close R beside L, cross L over R	(09:00)	
5 & 6	Step R to right side, step L beside right, step R to right side	(09:00)	
7 & 8	Step L foot behind R, step R to right side, recover onto L	(09:00)	

[Section 7] R cross shuffle, back shuffle ¼ R, 1/2 shuffle R, L mambo

1 & 2	Cross R over left, step L to left side, cross R Right over left	(09:00)	
3 & 4	Make a 1/4 R by stepping back on L, close R beside L, step back on L	(12:00)	
5 & 6	Step R ¼ right, step L beside R, step R ¼ right fwd	(06:00)	
7 & 8	Rock L fwd, recover onto R, close L beside R	(06:00)	

[Section 8] Walk back R & L, R ball rock, L back shuffle, R out, L out, R touch

1 2 &	Step R back, step L back, close R beside L	(06:00)	
3 4	Rock L fwd, recover onto R	(06:00)	
5 & 6	Step back on L, close R beside L, step back on L	(06:00)	
& 7 8	Step R to right side, step L to left side, touch R beside L	(06:00)	

Taglet: Step change on Wall 2 Section 6 - counts 7 & 8 become a Sailor 1/4 L back to 12 O'Clock

Contact: Leeh040595@icloud.com or stephen-edward-mckenna@sky.com