

This Old Heart

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Elaine Hornagold (UK) - May 2015

Music: This Old Heart of Mine - The Isley Brothers

Intro: 32 Counts start on Vocals

Section1: Step R, Together L, Step R Touch, Step L, Together R, Step L, Touch R

Note: This section is done with Motown arm movements.

- 1 – 2 On slight right diagonal step forward right. Step left next to right.
- 3 – 4 Step forward on right. Touch left next to right.
- 5 – 6 On slight left diagonal step forward left. Step right next to left.
- 7 – 8 Step forward on left. Touch right next to left.

Section 2: Diagonal Step Back With Touch x 4 (Claps)

- 1 – 2 Step back to right diagonal on R foot, touch left next to right & clap
- 3 – 4 Step back to left diagonal on L foot, touch right next to left & clap
- 5 – 6 Step back to right diagonal on R foot, touch left next to right & clap
- 7 – 8 Step back to left diagonal on L foot, touch right next to left & clap

Section 3: Side Together Forward Hold, Side Together ¼ Turn Left,

- 1 – 2 Step R to R side. Close left next to Right.
- 3 – 4 Step forward Right. Hold.
- 5 – 6 Step Left to L side. Close right next to Left.
- 7 – 8 Turn ¼ Left step forward Left. Hold.

Section 4: Side Together Back Hold, Coaster Step, Brush

- 1 – 2 Step R to R side. Close left next to Right.
- 3 – 4 Step back right. Hold.
- 5 – 6 Step back left. Step back right next to left.
- 7 – 8 Step forward left. Brush right.

Contact: www.applejaxlinedancers.co.uk - elaine@applejaxlinedancers.co.uk