

# Shape of My Heart

Count: 64

Wall: 4

Level: Easy Intermediate - smooth

Choreographer: Christina Yang (Sep. 2014)

Music: Shape of My Heart by Sting

Start the dance after 32 counts

## SECTION 1: LF DIAGONAL SYNCOPATED FORWARD CHASSE, RF DIAGONAL SYNCOPATED FORWARD CHASSE, FORWARD ROCK, RECOVER, LONG STEP TO BACKWARD, 3 TIMES OF BACKWARD WALK

1-2& LF diagonal forward, RF cross behind LF, LF forward  
3-4& RF diagonal forward, LF cross behind RF, RF forward  
5&6 LF forward rock, RF recover, LF long step to backward walk  
7&8 RF backward, LF backward, RF backward

## SECTION 2: COASTER STEP, FORWARD, FORWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE STEP, CROSS BACK ROCK, RECOVER, SIDE STEP, 1/4 TURN TO L WITH BACKWARD, RF CLOSED LF

1&2 LF backward, RF closed to LF, LF forward  
3 RF forward walk  
4&5 LF forward rock, RF recover, 1/4 turn to L with LF side step  
6&7 RF cross back rock, LF recover, RF side step  
8& 1/4 turn to L with LF backward, RF closed to LF

## SECTION 3: FORWARD, WEIGHT TRANSFER TO RF, FORWARD, FORWARD, WEIGHT TRANSFER TO LF, FORWARD MAMBO, BACKWARD MAMBO

1-2& LF forward, weight transfer to RF, LF recover  
3-4& RF forward, weight transfer to LF, RF recover  
5&6 LF forward, RF in place, LF backward  
7&8 RF backward, LF in place, RF forward

## SECTION 4 : FORWARD ROCK RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, BACKWARD ROCK, RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, FORWARD ROCK RECOVER, 1/4 TURN TO L WITH SIDE LONG STEP, BACKWARD ROCK, RECOVER, SIDE LONG STEP

1&2 LF forward rock, RF recover, 1/4 turn to L with LF side long step  
3&4 RF backward rock, LF recover, 1/4 turn to L with RF side long step  
5&6 LF forward rock, RF recover, 1/4 turn to L with LF side long step  
7&8 RF backward rock, LF recover, RF side long step

## SECTION 5: CROSS FORWARD, SIDE, CROSS FORWARD, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER AND 1/2 TURN TO R WITH SWEEP

1-2& LF cross forward RF, RF side, LF cross forward,  
3&4 RF side rock, LF recover, RF cross over LF  
5&6 LF side rock, RF recover, LF cross over RF  
7-8 RF side, LF recover and 1/2 turn to R with sweep

## SECTION 6: SAILOR CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, CROSS, SIDE ROCK, RECOVER, SIDE ROCK, RECOVER

1&2 RF cross behind LF, LF closed RF, RF cross over LF  
3&4 LF side rock, RF recover, LF cross over RF,  
5&6 RF side rock, LF recover, RF cross over LF  
7-8 LF side rock, RF recover

## SECTION 7: FORWARD ROCK, RECOVER, 1/4 TURN TO L WITH SAILOR TURN, FORWARD ROCK, RECOVER, 1/4 TURN TO R WITH SAILOR TURN,

1-2 LF forward rock, RF recover and 1/4 turn to L with LF sweep  
3&4 LF cross behind RF, RF closed LF, LF diagonal forward  
5-6 RF forward rock, LF recover and 1/4 turn to R with RF sweep  
7&8 RF cross behind LF, LF closed RF, RF diagonal forward

## SECTION 8: FORWARD ROCK, RECOVER, TOGETHER, FORWARD ROCK, RECOVER, TOGETHER, ROCKING CHAIR

1-2& LF forward rock, RF recover, LF together RF(weight on LF)  
3-4& RF forward rock, LF recover, RF together LF(weight on RF)

5-6 LF forward rock, RF recover  
7-8 LF backward rock, RF recover

**RESTART & TAG**

**On the 4th wall, you should dance until 16 counts and start again after 2 times of Tag.  
The Tag step is 2 times of forward walk and start again.**

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