

# Wild Hearts

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**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Michael Lynn (UK) - September 2008

**Music:** Crazy Days - Adam Gregory : (16 count intro - 3:13)

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**Alt Music: "Damaged (4:04)" by Danity Kane (32 count intro, 120bpm)**

**Single: "Damaged" by Danity Kane Album: "Welcome To The Dollhouse" by Danity Kane**

**An extremely funky & lively track, the alt styling adds a totally different spin on the dance.**

## **JAZZ BOX 1/4 TURN RIGHT, LEFT KICK BALL CHANGE, STEP**

1-2 Cross step right over left, step back on left,  
3-4 Step right to right side making a 1/4 turn right, touch left beside right,  
5&6 Kick left forward, step left beside right, step right in place,  
7 Step forward left.

## **KITCHEN STEP, STEP, ROCK RECOVER, FULL TURN BACKWARDS, SAILOR 1/2 TURN LEFT**

8&1 Hitch right knee, step right beside left, step forward left,  
2-3 Step forward right, rock forward left,  
4-5 Recover right, (over left shoulder) make 1/2 turn left stepping forward on left,  
6 Continue another 1/2 turn left stepping back on right (12)  
7&8 Sweep left foot behind right, right foot 1/2 turn left, step left to place.

**NOTE: Kitchen step is just the name I use at my class for a hitch & step :o)**

## **STEP- HIPBUMPS, JUMP TOGETHER, TOE-TOUCHES**

1-2-3 Step forward right (keeping weight on left), bump hips x 3,  
4 Small jump together,  
5-6 Touch right toe forward, step right beside left,  
7-8 Touch left toe forward, step left beside right.

**ALT STYLING: If you are using the POP track you can add some funkyness to the above steps.**

**Counts 1-3; Step forward right (keeping weight on left), body shake over 3 counts,**

**Count 4; Jump both feet together, swing both wrists across chest,**

**Counts 5-6; Step forward right (pop shoulders), step right beside left,**

**Counts 7-8; Step forward left (pop shoulders), step left beside right.**

## **RIGHT ROCK RECOVER, 1/4 TURNING SHUFFLE RIGHT, LEFT HEEL GRIND 1/4 TURN, TOGETHER, HEEL SWIVEL 1/4 TURN**

1-2 Rock forward right, recover left,  
3&4 Step right 1/4 right, close left beside right, step right to right side,  
5-6 Touch left heel forward, grind 1/4 left taking weight onto right,  
7-8 Step left beside right, swivel heels right making a 1/4 turn right (keeping weight on left).

**ALT: Counts 3&4 can be replaced with: Triple step 1& 1/4 turn right, stepping - right, left, right.**