

Her Steady Heart

Choreographers: Carolyn Jurek (CAN) & Rob Fowler (ES) & I.C.E. – May 2022

Level: Intermediate NC2

36 counts, 2 walls, 1 restart

Music: Steady Heart, by Kameron Marlowe

Intro: 16 counts (starts on lyrics)

S1 (1-8) SIDE, BEHIND-SIDE, CROSS ROCK, ¼ TURN LEFT, ¾ SPIRAL LEFT, SIDE, CROSS, BASIC L

1-2& Long step R to right side dragging L toward R, Cross L behind, Step R side

3-4& Slow cross rock L, recover R, Step L ¼ turn left (9:00)

5-6& Step R making ¾ spiral turn left, Step L side, Cross R in front (12:00)

7-8& Long step L dragging R towards L, Step ball of R behind L, Cross L in front

[non-turning option for counts &5: Step L side, Cross R in front]

S2 (9-16) STEP R ¼ TURN RIGHT, STEP L ¼ PIVOT RIGHT, CROSS ROCK, STEP-TOUCH-POINT, 2 SWEEPS BACK, BEHIND-SIDE

1-2& Turn ¼ right stepping R forward, Step L forward, make ¼ turn right ending weight R (6:00)

3&4&5 Cross rock L, recover R, Step L side, Touch R beside L, Point R to right side

6-7 Step R back while sweeping L back, Step L back while sweeping R back

8& Step R behind L, Step L side

S3 (17-24) CROSS, HINGE ½ TURN RIGHT, CROSS ROCK, 3/8 TURN LEFT TO DIAGONAL, 2 WALKS, ROCK FWD, STEP BACK, STEP 1/8 TURN SIDE

1-2& Cross R over L (prep), Make ¼ turn right stepping back L, make ¼ turn right stepping R to side

3-4& Cross rock L, recover R beginning 3/8 turn left, step L fwd into diagonal (7:30)

[feels like ½ turn from 1:30 diagonal on cross-rock, to opposite diagonal over left shoulder]

5-6 Slow walk into diagonal R-L (breathe)

7&8& Rock R fwd into diagonal, recover L, Run R back, Make 1/8 turn left stepping L to left side to straighten up to 6:00

S4 (25-32) SERPIENTE WITH ½ TURN LEFT ON EXIT, SIDE-BEHIND, STEP R ¼ TURN RIGHT, STEP L ¼ PIVOT RIGHT, CROSS L

1-2& Step R fwd while sweeping L from behind to front, Cross L over R, Step R side (6:00)

3-4& Step L back while sweeping R from front to behind, Cross R behind L, Step L ¼ turn left (3:00)

***RESTART – Wall 5, restart here on count 29, adding a ¼ turn left to face front wall for Count 1**

5-6& Turn left ¼ to face 12:00 with long step R to right side, Cross L behind, Step R ¼ right (3:00)

7-8& Step L fwd, make slow ¼ turn right ending weight R, cross L over right (6:00)

S5 (33-36) SLOW SWAY, CROSS ROCK, FULL ROLLING TURN RIGHT

1-2 Sway R to right side, Sway L to left side

3& Cross R over L, recover L beginning turn right

4& Step R side making ¼ turn right, Step L back making ½ turn right

(then continue another ¼ right to complete the full rolling turn to start the dance again)

[non-turning option for counts 4&: Step R side, Cross L in front]

Ending: The music ends during Wall 7 in Sec 3 – on counts 5-6, instead of walking to the diagonal, adjust the walks toward 12:00 and add a final step forward (or full spiral turn left) to end on count 7

Timing: On Wall 6 in Sec 2 – the musical beats are very strong for the point and back sweeps on counts 5-6-7, with a slight change from the usual timing; listen to the music and hit each of those beats