

Hands On Heart

Choreograaf : Francien Sittrop (Mei 2014)

Soort dans : 4 muurs linedans

Niveau : Intermediate

Tellen : 32

Intro: 16 tellen

www.allcountry.eu

Muziek : Hand On Heart

Artiest : Olly Murs

Website : www.franciensittrop.nl

Koop muziek iTunes: [Hand On Heart - Right Place Right Time \(Deluxe Edition\)](#)

1 – 8 Step Fwd, Rocking Chair, $\frac{3}{4}$ Turn R with Lockstep, Mambo Step, Step Back, Together

1 Step L fwd

2&3& Rock R fwd, Recover on L, Rock R back, Recover on L

4 & 5 $\frac{1}{2}$ Turn R step R fwd, Lock L behind R, $\frac{1}{4}$ Turn R step R fwd **(09.00)**

6 & 7 Rock L fwd, Recover on R, Step L back

8 & Step R back, Step L next to R

9 - 16 Vaudeville , Prissy Walks, Step fwd, Pivot $\frac{1}{2}$ L, Step fwd, Full Turn L

1&2& Step R across L, Step L back, Touch R heel fwd, Step R down

3 – 4 Step L across R, Step R across L

5 & 6 Step L fwd , Pivot $\frac{1}{2}$ Turn R, Step L fwd **(03.00)**

7 - 8 $\frac{1}{2}$ Turn L step R back, $\frac{1}{2}$ Turn L step L fwd

17-25 Side, Sailor Point, $\frac{1}{4}$ Turn L, Syncopated Jazz Box, Side Rock , $\frac{1}{4}$ L , Step fwd

1 Step R to R side

2 & 3 Sweep L behind R, Step R to R side, Point L to L side

4 $\frac{1}{4}$ Turn L step L down and sweep R fwd **(12.00)**

5 Step R across L

6 & 7 Step L back, Step R to R side, Step L across R

8 & 1 Rock R to R side, Recover on L making $\frac{1}{4}$ Turn L, Step R fwd **(09.00)**

Handoptions: count 3: You can put your hands on your heart and facing diag. right

26-32 Cross, Full Turn R, Step fwd, Step Fwd,Pivot $\frac{1}{4}$ Turn R, $\frac{3}{4}$ Turn L, Step fwd

2 – 3 Step L across R, Full Turn R (Weight on L)4 Step R fwd

5 & 6 Step L fwd, Pivot $\frac{1}{4}$ Turn R, Step L across R **(12.00)**

7 & 8 $\frac{1}{4}$ Turn L step R back, $\frac{1}{2}$ Turn L step L fwd , Step R fwd **(03.00)**

Restart during wall 5 (facing 3 O'clock wall:

After count 16 add an & count Step R next to L and start again with count 1

Ending: End last wall after count 30 facing the front wall