

Hands on Heart

Count: 32 Wall: 4 Level: Intermediate

Choreographer: Francien Sittrop (May 2014)

Music: Hand On Heart – Ollly Murs. Album: Right Place Right Time (Deluxe Edition)

Intro: Start after 16 counts

[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)

Hand options: 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

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