

# My Heart

Count: 64 counts

Wall: 2

Music: "So Long" by Diplo

Level: Improver

Introduction: 8 Beats. There is no tag and restart. Dance starts with weight on left.

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Choreographers: **Kate Simpkin & Melissa Foong** ([simpkin2@bigpond.net.au](mailto:simpkin2@bigpond.net.au), [melissafoongyy@gmail.com](mailto:melissafoongyy@gmail.com))

## **S1 CROSS SIDE, SAILOR STEP, CROSS 1/4L SIDE, 1/2L SHUFFLE FORWARD**

1, 2 STEP R TOE ACROSS IN FRONT OF LEFT, STEP L TO SIDE  
3 & 4 STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE  
5, 6 STEP L ACROSS IN FRONT OF RIGHT, TURN 1/4 L STEP R BACK  
7 & 8 TURNING 1/2L STEP L FORWARD, STEP R TOGETHER, STEP L FORWARD (3:00)

## **S2 FORWARD ROCK, 1/2R SHUFFLE BACK, 1/2R SHUFFLE BACK, BACK ROCK**

1, 2 STEP R FORWARD, ROCK BACK TO L  
3 & 4 TURNING 1/4R STEP R FORWARD, TURNING 1/4R STEP TOGETHER, STEP R FORWARD  
5 & 6 TURNING 1/4R STEP L FORWARD, TURNING 1/4R STEP R TOGETHER, STEP L BACK,  
7, 8 STEP R BACK, STEP L FORWARD (3.00)  
(NO TURNING OPTION: FORWARD ROCK, SHUFFLE BACK, BACK ROCK, SHUFFLE FORWARD)

## **S3 PIVOT 1/4L, CROSS SIDE, CROSS SIDE, CROSS TOUCH**

1, 2 STEP R FORWARD WITH 1/4L TURN AND TAKE WEIGHT ON LEFT  
3, 4 STEP R ACROSS L, STEP L TO SIDE  
5, 6 STEP R ACROSS L, STEP L TO SIDE  
7, 8 STEP R ACROSS L, TOUCH L TO SIDE (12.00)

## **S4 CROSS SAMBA, CROSS TOUCH, 14L JAZZ BOX**

1 & 2 STEP L ACROSS IN FRONT OF R, STEP R TO SIDE, STEP L TO SIDE  
3, 4 STEP R ACROSS IN FRONT OF L, TOUCH L TO SIDE  
5, 6 STEP L ACROSS R, STEP R BACK WITH 1/4L TURN  
7, 8 STEP L TO SIDE, STEP R ACROSS L (9:00)

## **S5 SIDE SHUFFLE, BACK ROCK, SIDE SHUFFLE,, BACK ROCK**

1 & 2 STEP L TO SIDE, STEP R TOGETHER, SIDE L TO SIDE  
3, 4 STEP R BACK, ROCK ONTO L  
5 & 6 STEP R TO SIDE, STEP L TOGETHER, STEP R TO SIDE  
7, 8 STEP L BACK, ROCK ONTO R (9.00)

## **S6 TOUCH AND TOUCH AND HEEL AND HEEL AND WALK WALK**

1, 2& TOUCH L TO SIDE, HOLD (2), STEP L TOGETHER (&)  
3, 4& TOUCH R TO SIDE, HOLD (4), STEP R TOGETHER (&)  
5&, 6& STEP L HEEL FORWARD, STEP L TOGETHER, STEP R HEEL FORWARD, STEP R TOGETHER  
7, 8 STEP L FORWARD, STEP R FORWARD (9:00)

## **S7 PIVOT 1/4R, CROSS SIDE BEHIND 1/4R FORWARD, PIVOT 1/4R**

1, 2 STEP L FORWARD, TURN 1/4R WITH WEIGHT ON R  
3, 4 STEP L ACROSS R, STEP R TO SIDE  
5, 6 STEP L BEHIND R, STEP R FORWARD WITH 1/4R TURN  
7, 8 STEP L FORWARD, TURN 1/4R WITH WEIGHT ON R (6.00)

## **S8 CROSS SIDE BEHIND 1/4R FORWARD, PIVOT 1/2R, 1/4R SIDE TOUCH**

1, 2 STEP L ACROSS R, STEP R TO SIDE  
3, 4 STEP L BEHIND R, TURN 1/4R STEP R FORWARD  
5, 6 STEP L FORWARD, TURN 1/2R WITH WEIGHT ON L  
7, 8 STEP L SIDE WITH 1/4R TURN, TOUCH R NEXT TO L (6:00)

REPEAT THE DANCE IN NEW DIRECTION (TO FINISH THE DANCE IN FRONT, CHANGE THE LAST 8 STEPS AS BELOW:

CROSS SIDE BEHIND 1/4R FORWARD, PADDLE TURN, AND CROSS SIDE)