

# Hands On My Heart

**Count:** 64    **Wall:** 4    **Level:** Easy Intermediate

**Choreographer:** Vivienne Scott (Ca)

**Music:** "Don't Take Your Hands Off My Heart" by Dawn Sears

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## Start on lyrics

### **[1-8]CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE**

1-2            Cross rock R over L, recover on L,  
3&4            Shuffle to the right stepping, r,l,r  
5-6            Cross rock L over R, recover on R  
7&8            Shuffle to the left stepping, l,r,l

### **[9-16]ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE, PIVOT 1/2 TURN, SHUFFLE FORWARD**

1-2            Rock forward on R, recover on L  
3&4            Turn 1/2 R and shuffle forward, r,l,r  
5-6            Step L forward, pivot 1/2 turn R  
7&8            Shuffle forward stepping l,r,l

### **[17-24]ROCK FORWARD, RECOVER, 1/4 TURN SHUFFLE, WEAVE**

1-2            Rock forward on R, recover on L  
3&4            Turn 1/4 R and shuffle to the right stepping r,l,r  
5-8            Cross L over R, step R to R side, step L behind R, step R to R side

### **[25-32]CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE, PIVOT 1/2 TURN X 2**

1-2            Cross rock L over R, recover on R  
3&4            Turn 1/4 L and shuffle in place stepping l,r,l  
5-6            Step R forward, pivot 1/2 turn L  
7-8            Step R forward, pivot 1/2 turn L

#### **(Easier Option for 5-8 Rocking Chair)**

### **[33-40]SHUFFLE FORWARD, PIVOT 1/2 TURN X 2, SHUFFLE FORWARD**

1&2            Shuffle forward stepping r,l,r  
3-4            Step L forward, pivot 1/2 turn R  
5-6            Step L forward, pivot 1/2 turn R  
7&8            Shuffle forward stepping l,r,l

#### **(Easier Option for 3-6 Rocking Chair)**

### **[41-48]ROCKS FORWARD, SIDE, BACK, SWAYS**

1-4            Rock forward on R, recover on L, rock R to right side, recover on L  
5-8            Rock back on R, recover on L, step R to right side & sway R, sway L

### **[49-56]STEP, HOLD, ROCK BACK, RECOVER, STEP TURNS, SHUFFLE FORWARD**

1-2            Step R to right side, hold

3-4 Rock back on L, recover on R  
5-6 Turn 1/4 R & step L to left side, turn 1/2 R & step R forward  
7&8 Shuffle forward stepping l,r,l

**[57-64]R DIAGONAL LOCK FORWARD, BRUSH, L DIAGONAL LOCK FORWARD, BRUSH**

1-4 Step R to right diagonal, lock L behind R, step R to right diagonal, brush L beside R  
5-8 Step L to left diagonal, lock R behind L, step L to left diagonal, brush R beside L

**RESTART: On 4TH wall facing 3 o'clock, dance first 16 counts, then start again**

**There is also a partner version of this dance.**

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