Heavy Hearts

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

Choreographer: Maddison Glover - July 2013

Music: Let Me Down Easy by Sheppard

Start dancing on lyrics

S1: SIDE, TOUCH, SIDE TOUCH, SIDE, TOUCH FORWARD, TOUCH SIDE, STEP BEHIND
1-4   Step right side, touch left together, step left side, touch right together
5-8   Step right side, touch left forward, touch left side, cross left behind

S2: SIDE, ROCK, BEHIND, SIDE, TRAVELING HEEL GRIND, BEHIND, ¼ TURN
1-4   Rock right side, recover to left, cross right behind, step left side
5-8   Cross right heel over (toe turned in), step left side (right toe turned out), cross right behind, turn ¼ left and step left forward

S3: ROCKING CHAIR, STEP ½, STEP ¼
1-4   Rock right forward, recover to left, rock right back, recover to left
5-8   Step right forward, turn ½ left (weight to left), step right forward, turn ¼ left (weight to left) (12:00)

S4: FRONT, SIDE, BEHIND, POINT, BEHIND, ¼, FORWARD, SCUFF
1-4   Cross right over, step left side, cross right behind, sweep left front to back
5-8   Cross left behind, turn ¼ right and step right forward, step left forward, brush right forward (3:00)

S5: SIDE, TOE/HEEL, BACK, ROCK, SIDE, REPLACE, BACK, ROCK
1-4   Step right toe side, lower right heel, rock left back, recover to right
5-8   Rock left side, recover to right, rock left back, recover to right

S6: SIDE, TOE/HEEL, BACK, ROCK, SIDE, BEHIND, ¼, FORWARD
1-4   Step left toe side, lower left heel, rock right back, recover to left
5-8   Step right side, cross left behind, turn ¼ right and step right forward, step left forward (6:00)

S7: DIAGONAL TOUCH, DIAGONAL TOUCH, SIDE, TOGETHER, BACK, KICK
1-4   Step right diagonally forward, touch left together, step left diagonally back, touch right together
5-8   Step right side, step left together, step right back, kick left forward

S8: BACK, ROCK, ¾ STEP LOCKS
1-4   Rock left back, recover to right, turn ¼ left and step left forward, lock right behind
5-8   Turn ¼ left and step left forward, lock right behind, turn ¼ left and step left forward, brush right forward

REPEAT

RESTARTS:-
Restart after count 16 on wall 2
Restart after count 32 on wall 7