

Take This Heart

Count: 32

Wall: 4

Level: Improver

Choreographer: Gudrun Schneider (DE) & Heather Barton (SCO) - October 2025

Music: Take This Heart - Rea Garvey : (iTunes)

Intro 8 counts, start on lyrics

S1: SIDE R, TOGETHER, SHUFFLE FWD R, SIDE L, TOGETHER, COASTER STEP L

1-2 RF step right, LF step beside RF
3&4 RF step forward, LF step beside RF, RF step forward
5-6 LF step left, RF step beside LF
7&8 LF step back, RF step beside LF, LF step forward

S2: SYNCOPATED ROCKS R + L, WALK $\frac{3}{4}$ TURN LEFT

1-2 RF step forward, recover on LF R L
&3-4 RF beside LF, LF step forward, recover on RF
&5-6 Walk around left stepping R, L,
7-8 R, L making a $\frac{3}{4}$ turn over L shoulder (3:00)

RESTART on wall 5

S3: WEAVE LEFT, POINT, CROSSING SHUFFLE L, SIDE R, $\frac{1}{4}$ Turn L

1-2 RF over LF, LF step side
3-4 RF behind LF, LF point left
5&6 LF cross over RF, RF step right, LF cross over RF
7-8 RF step left, $\frac{1}{4}$ turn left - LF step left (12:00)

S4: JAZZ BOX, HEEL GRIND $\frac{1}{4}$ TURN R, BACK ROCK R

1-2 RF over LF, LF step back,
3-4 RF step right side, LF step forward
5-6 RF heel grind, $\frac{1}{4}$ turn right (3:00)
7-8 RF step back, recover on LF

ENDING wall 11

Change the heel grind $\frac{1}{4}$ to heel grind $\frac{1}{2}$ to 12:00

Have Fun!

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