

# Heart Strings

---

**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Ivonne Verhagen (NL) - March 2012

**Music:** Heartstrings (This Is Love) - Ben Saunders : (Album: You Thought You Knew Me By Now - iTunes)

---

**Dance starts after 16 counts**

**STEP SIDE, ROCK, STEP, STEP SIDE, CROSS BEHIND, STEP SIDE, CROSS OVER, SIDE ROCK STEP, CROSS OVER, ¼ TURN LEFT, ¼ TURN LEFT,**

1,2,& RF step to the right side, lf rock back, rf weight back on rf.  
3,4,& LF step to the left side, rf cross behind left, left step to the left side  
5,6,& RF cross over lf, LF rock left side, RF weight on RF  
7,8,& LF cross over RF, ¼ turn left & RF step back, ¼ turn left & LF step side

**CROSS ROCK STEP, STEP SIDE, CROSS ROCK STEP, STEP SIDE, BEND BOTH KNEES (GO DOWN) & COME UP, RF ROCK SIDE, WEIGHT BACK, FULL TURN LEFT**

1,2,& RF cross rock over lf, weight back on lf, rf step to the right side  
3,4,& LF cross rock over rf, weight back on rf, lf step to the left side

**Restart in wall 6**

5,6 Bend both knees & go down (also arms), Come up & step RF side (right arm to right side)  
7&8 ¼ turn left & LF step forward, ½ turn left & RF step back, ¼ turn left & LF step side

**CROSS ROCK STEP, SIDE (WRAPP IN), 1,1/4 TURN LEFT, ROCK STEP FORWARD, STEP BACK, STEP FORWARD, ½ TURN LEFT**

1&2 RF cross rock over LF, weight back on LF, RF step side (body turns right, wrap in)  
3&4 ¼ turn left & LF step forward, ½ turn left & RF step back, ½ turn left & LF step forward  
5&6 RF rock forward, weight back on LF, RF step back (move upper body back)  
7,8,&1 Move body forward & weight on LF, RF step forward, ½ turn left & weight on LF, RF step forward

**STEP FORWARD, WALK, WALK WALK, WALK BACK, WALK BACK, WALK BACK, SAILOR ¼ TURN LEFT, CROSS ROCK, STEP**

2&3 LF walk forward, RF walk forward, LF walk forward  
4,&5 RF walk back, LF walk back, RF walk back  
6&7 ¼ turn left & LF cross behind RF, Rf step side, LF step side  
8,& RF cross rock over LF, LF step in place

**NOTE: Restart the dance after count 12 in wall 6**

**End of the dance.**

**Have Fun!**