

Your Own Heart

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Kim Liebsch (Denmark) June 2015

Music: Karma Town by Stine Bramsen

Intro: 16 counts after 1st beat(appr. 10 seconds) Start with weight on L foot

Restart: On wall 2 after 32 counts (Step fw. on the & counts to Restart) (9:00) *

Ending: After the ¼ turn on count 47 facing 12:00

- #1 section: Step, lock step, rock recover 2 X back, 2 X back back rock, step ¼**
& Step fw. on R 12:00
1-2 Lock L behind R, step fw. on R 12:00
3&4& Rock fw. on L, recover on R, step back on L, step back on R 12:00
5-6 Step back on L, step back on R 12:00
7&8& Rock back on L, recover on R, step fw. on L, make ¼ turn R putting weight on R 3:00
- #2 section: Cross ¼ turn, side cross rock side, 2 X sway, cross rock side rock**
1-2 Cross L over R, make ¼ turn L stepping back on R 12:00
3&4& Step L to L side, cross R over L, recover on L, step R to R side 12:00
5-6 Sway L, sway R 12:00
7&8& Cross L over R, recover on R, rock L to L side, recover on R 12:00
- #3 section: Step ¼ turn, behind ¼ step ½ turn, 2 X walk, 2 X out 2 X in**
1-2 Step fw. on L, make ¼ turn L stepping R to R side 9:00
3&4& Cross L behind R, make ¼ turn R stepping fw. on R, step fw. on L, make ½ turn R stepping fw. on R 6:00
5-6 Walk fw. on L, walk fw. on R 6:00
7&8& Step out on L, step out on R, step in on L, step in on R 6:00
- #4 section: 2 X walk, syncopated jazzbox, rock recover, point together X 2**
1-2 Walk fw. on L, walk fw. on R 6:00
3&4& Cross L over R, step back on R, step L to L side, step fw. on R 6:00
5-6 Rock fw. on L, recover on R 6:00
7&8& Point L to L side, step L next to R, point R to R side, step R next to L *(9:00) 6:00
- #5 section: Step ½ turn, cross back back step X 2**
1-2 Step fw. on L, make ½ turn R stepping fw. on R 12:00
3&4& Cross L over R, step back on R, step back on L, step fw. on R 12:00
5-6 Step fw. on L, make ½ turn R stepping fw. on R 6:00
7&8& Cross L over R, step back on R, step back on L, step fw. on R 6:00
- #6 section: Step ¼ turn, cross side behind side, side rock, 2 X ¼ turn behind**
1-2 Step fw. on L, make ¼ turn R stepping R to R side 9:00
3&4& Cross L over R, step R to R side, cross L behind R, step R to R side 9:00
5-6 Rock L to L side, recover on R 9:00
7&8 Make ¼ turn L putting weight on L, make ¼ turn L stepping R to R side, cross L Behind R 3:00

Good Luck & N`joy!