

HEART

Choreographed by: Pepper Siquieros, www.RedHotCountry.com

Description: 48 count Intermediate waltz couples circle dance

Music: *Heart* by Reba McEntire **Position:** Start with couples facing each other in circle formation, man's back to center of circle facing OLOD, lady facing ILOD, both hands joined at waist level. right hands to right hands. left to left.



SIDE LUNGE & TOGETHER, 3/4 WALK AROUND TURN

- 1-3 Both bring arms up and out as they lunge rock to side (lady to right on RF, man to left on LF); Bring arms down and recover weight (lady on LF, man on RF); Lady steps RF next to LF, MAN LF next to RF.
- 4 Release Left hands as Lady steps 1/4 turn left onto LF, Man steps 1/4 turn right onto RF
- 5-6 Lady steps forward on RF and pivots 1/2 turn left with weight on LF. Man steps forward on LF and pivots 1/2 turn right with weight on RF. Release right hands as you step forward and pick up hands in Sweetheart Position after you complete 1/2 pivot turn

FORWARD WALTZ, FORWARD WALTZ AS LADY TURNS FULL TURN LEFT

- 1-3 Waltz forward: man left, right, left; lady right, left, right.
- 4-6 Waltz forward: man right, left, right; lady turns a full turn left stepping left, right, left. Bring arms up above heads as the lady turns and keep them up after turn completes ending with right hands joined together and left hands joined together above heads.

BOTH FORWARD WALTZ; MAN WALTZ BACK-LADY BALANCE STEP FORWARD

- 1-3 Bring arms out to side and down as man steps forward left, right, left; Lady steps forward right, left, right
- 4-6 Man steps back right, left, right, lady balance steps forward left, right, left as her arms go back and behind her body, hands still joined.

MAN WALTZ FORWARD-LADY WALTZ BACK; MAN BALANCE STEP FORWARD-LADY WALTZ BACK

- 1-3 Man and Lady switch places as Man raises right hands to move forward left, right left on ladies left side and turns full turn to left. Lady steps straight back right, left, right
- 4-6 Man waltz balance step forward right, left, right; Lady continues to waltz back slightly left, right, left. Man's arms are now back and behind his body.

LADY WALTZ FORWARD WITH 1/2 TURN RIGHT-MAN WALTZ SLIGHTLY TO LEFT

BOTH BEGIN TO WALTZ IN "CW" CIRCLE AROUND EACH OTHER

- 1-3 Lady moves forward to man's left side stepping RF, LF, pivot 1/2 right with weight on RF. Man raises left arm and waltzes side left, together right, left to meet lady side by side (LADY faces RLOD, MAN faces FLOD)
- 4-6 Both begin to waltz in small CW circle man steps right, left, right; lady steps left, right, left. Arms: After ladies turn, left hands are joined above heads, ladies right arm is behind her back with right hands joined (LADY faces FLOD, MAN faces RLOD)

FORWARD WALTZ IN FULL "CW" CIRCLE AROUND EACH OTHER

- 1-3 Both waltz around each other in small full CW circle, Lady steps right, left, right. Man steps left, right, left. Heads should be turned to look at each other.
- 4-6 Both continue to move in a small CW circle; Man steps right, left, right; Lady left, right, left into 1/4 turn left to prep for unwind turn (LADY faces ILOD, MAN Faces FLOD)

LADY UNWINDS 2 1/4 TURNS LEFT-MAN WALTZ IN PLACE

- 1-3 Lady begins to unwind and make a total of 2 1/4 turns left in place stepping right, left, right. Man steps left, right, left in place
- 4-6 Both move in a small CCW circle as Lady finishes unwind and steps left into 1/2 turn left, right into 1/4 turn left, left Man steps right, left, right. Lady ends up facing OLOD, Man ILOD
Arms: After ladies completes 2 1/4 turns, right hands are joined above heads, ladies left arm is behind her back with left hands joined and both should turn heads to look into each others eyes

FORWARD WALTZ IN 1/2 "CCW" CIRCLE AROUND EACH OTHER AS LADY TURNS RIGHT TO FACE ILOD, MAN FACES OLOD

- 1-3 Lady crosses RF over LF, Step LF 1/4 turn right, Step RF 1/4 turn right. Lady ends facing ILOD/partner - Man steps left, right, left to face OLOD/partner. Both end with hands joined in front, right hands to right, left to left.

BOTH 3 COUNT WEAVE TO SIDE

- 4-6 Lady weaves right crossing LF over RF, RF steps to right side, LF cross behind RF
Man weaves left crossing RF behind LF, LF step to left side, RF cross over LF. Both end with hands joined in front at waist level, right hand to right, left to left.

START AGAIN