

# Heart In My Hand

STRICTLY  
LINEDANCE 11



Description: 32 count Advanced NC2 with one restart  
Choreographed by: Debbie Rushton (UK) January 2016  
Music: Over & Over Again by Nathan Sykes (You can also use the version featuring Ariana Grande – whichever your personal preference is)  
Length: 4.08  
Count In: 32 seconds  
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## **SIDE, BACK ROCK, 1/4 TURN ROCK 1/2 TURN 1/2 TURN SWEEP, BEHIND SIDE CROSS SWEEP, CROSS 1/4 TURN 1/2 TURN 1/2 TURN**

- 12& Step R to R side, Rock L behind R, Recover weight forward onto R  
3&4 Making 1/4 turn L rock forward on L, Making 1/2 turn R take weight forward onto R, Making 1/2 turn R step back on L and sweep R around from front to back  
5&6 Cross R behind L, Step L to L side, Cross R over L and sweep L around from back to front  
7&8& Cross L over R, Make 1/4 turn L stepping back on R, Make 1/2 turn L stepping L forward, Make 1/2 turn L stepping R back

## **BACK ROCK RECOVER SPIRAL FULL TURN, STEP 1/2 TURN, CROSS ROCK SIDE, BACK ROCK 1/4 TURN 1/2 TURN**

- 1&2 Rock back on L, Recover forward onto R, Step L forward and spiral a full turn over R shoulder (weight stays on L)  
3&4 Step R forward, Step L forward, Pivot 1/2 turn R (slightly over rotate this turn)  
5&6 Cross rock L over R, Recover weight back onto R, Take big step to L side  
7&8& Rock R behind L, Recover weight forward onto L, Make 1/4 turn R stepping R forward, Make 1/2 turn R stepping back on L

## **1/2 TURN STEP SWEEP, CROSS SIDE BEHIND SWEEP, BEHIND 1/4 TURN STEP SWEEP, CROSS SIDE BACK ROCK 1/4 TURN 3/8 TURN**

- 12& Make 1/2 turn R stepping R forwards and sweeping L around from back to front, Cross L over R, Step R to R side  
34& Cross L behind R and sweep R from front to back, Cross R behind L, Make 1/4 turn L stepping L forward  
56& Step R forward and sweep L around from back to front, Cross L over R, Step R to R side  
7&8& Rock L behind R, Recover weight forward onto R, Make 1/4 R stepping back on L, Make 3/8 turn R stepping R to R side

## **WALK RUN RUN, STEP 1/4 TURN CROSS 1/4 TURN, 1/2 TURN 1/8 TURN SWEEP CROSS, FULL TURN FULL TURN**

- 12& Staying on the diagonal, Step forward on L, Run forward R, L  
3&4& Step R forward, Pivot 1/4 turn L taking weight into L, Cross R over L, Make 1/4 turn R stepping back on L  
5&6 Make 1/2 turn R stepping R forward, Sweep L from back to front whilst making 1/8 turn R (squaring up to side wall), Cross L over R  
7&8& Make 1/4 turn R stepping R forward, Make 1/2 turn R stepping back on L, Make 1/2 turn R stepping R forward, Make 1/2 turn R stepping back on L

**To begin next wall, make 1/4 turn R stepping R to R side for count 1**

## **RESTART**

During the 3<sup>rd</sup> wall after counts 15& (back rock recover) do the following steps and then restart the dance  
**16 &** Rock R out to R side, Recover weight onto L (&)