

Heart On A String

Count: 48 **Wall:** 4 **Level:** Intermediate
Choreographer: Kate Sala and Vivienne Scott (May 2013)
Music: 'My Oh My' by Tristan Prettyman (CD Cedar+Gold)

Intro: 8 counts

[1-8] KICK, & HEEL DIG, & HEEL DIG ROCK, STEP BACK, COASTER STEP, SHUFFLE FORWARD

1&2& Low kick right forward. Step right beside left. Dig left heel forward. Step left beside right.
3&4 Dig rock right heel forward. Recover onto left. Step right back.
5&6 Step left back. Step right beside right. Step forward on left.
7&8 Step forward on right. Close left beside right. Step forward on right.

[9-16] MAMBO 1/2 TURN, 1/4 PADDLE TURN X 2, SIDE ROCK, BEHIND, SIDE, CROSS

1&2 Rock forward on left. Recover onto right. Turn 1/2 left and step left forward.
3&4& Touch right forward. Push on right turning 1/4 left on ball of left. Repeat.
5-6 Rock right to right side. Recover onto left
7&8 Step right behind left. Step left to left side. Cross right over left

Restart with step change here on Wall 6 (3 o'clock):

Dance up to and including count 15 (Step right behind left) Omit the "&" count

Change count 16 to Turn 1/4 left and step left forward to face 12 o'clock and Restart the dance again facing front wall.

[17-24] SIDE, CROSS, SIDE ROCK, BEHIND, 1/4 TURN, STEP FORWARD, RUMBA BOX

&1 Step left to left side. Cross right over left
2-3 Rock left to left side. Recover onto right
4&5 Cross left behind right. Turn 1/4 right and step right forward. Step left forward
6&7 Step right to right side. Step left beside right. Step right back
8& Step left to left side. Step right beside left.

[25-32] CROSS, RUMBA BOX, WALK BACK X2, SAILOR STEP 1/2 TURN

1 Cross step left over right.
2&3 Step right to right side. Step left beside right. Step right forward.
4&5 Step left to left side. Step right beside left. Step left back.
6-7 Walk back on right, left.
8&1 Cross step right behind left. Turn 1/4 right stepping left in place. Turn 1/4 right stepping forward on right.

[33-40] BALL STEP 1/4 TURN, STEP, MAMBO 1/4 TURN, BALL STEP, CROSS, SCISSOR STEP.

&2-3 Step ball of left next to right. Turn 1/4 right stepping forward on right. Step forward on left. (12 o'clock)
4&5 Rock forward on right. Recover onto left. Turn 1/4 right stepping right to right side.
&6-7 Step ball of left next to right. Step right to right side. Cross step left over right.
8&1 Step right to right side. Step left beside right. Cross step right over left.

[41-48] SIDE TOUCH, HITCH, 1/4 TURN, STEP PIVOT 1/2 TURN, STEP, STEP, PIVOT 1/2 TURN, 1/4 TURN.

2&3 Touch left toe out to left side. Hitch left knee up. Turn 1/4 left stepping forward on left.
4&5 Step forward on right. Pivot 1/2 turn left. Step forward on right.
6-7-8 Step forward on left. Pivot 1/2 turn right. Turn 1/4 right stepping left to left side. (3 o'clock)

ENDING: Last count of dance, step left forward (12 o'clock), hold and pose.

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