

HEIDI

SONG: Heidi by Kurt Darren **ALBUM:** In Jou oë 2010

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DANCE: 64 counts, 2 walls, 136 bpm, 16 count intro, **EASY INTERMEDIATE** Jan. 2015 **1 RESTART**

STEPS PATTERN OF DANCE

Step R Fwd and Sway Fwd Back Fwd Hold - Repeat on L

1,2,3,4 Step fwd on R and sway hips fwd back fwd, Hold

5,6,7,8 Step fwd on L and sway hips fwd back fwd, Hold

Rock Fwd Recover, 1/2 Shuffle, Step Pivot 1/2, Step Fwd Hold

9,10 Rock/step fwd on R, Recover back on L

11&12 Making 1/2 right shuffle fwd RLR

(if you don't turn, just shuffle back)

13,14 Step fwd on L, Pivot 1/2 right transferring wt to R

(or rock back on L recover on R if you didn't turn)

15,16 Step fwd on L, Hold

Step R Fwd and Sway Fwd Back Fwd Hold - Repeat on L

17,18,19,20 Step fwd on R and sway hips fwd back fwd, Hold

21,22,23,24 Step fwd on L and sway hips fwd back fwd, Hold

Rock Fwd Recover, Shuffle Back, Rock Back Recover, Step Fwd Hold

25,26 Rock/step fwd on R, Recover back on L

27&28 Shuffle back RLR

29,30 Rock/step back on L, Recover fwd on R

31,32 Step fwd on L, Hold

2 Kick Ball Changes Moving Sideways

33&34 Kick R fwd, Step R slightly right, Step L to left

35,36 Touch R beside L, Hold

37&38 Kick R fwd, Step R slightly right, Step L to left

39,40 Touch R beside L, Hold **RESTART HERE ON WALL 5**

Side Shuffle, Behind Side, Cross Rock Recover, Side Hold

41&42 Side/Shuffle right stepping RLR

43,44 Step L behind R, Step R to right

45,46 Cross/rock L over R, Recover on R

47,48 Step L to left, Hold

Cross Toe Strut, 1/4 Toe Strut, Cross Toe Strut, 1/4 Toe Strut

49,50,51,52 Toe strut R over L, Making 1/4 left toe strut fwd on L

53,54,55,56 Toe strut R over L, Making 1/4 left toe strut fwd on L

Step Pivot 1/4, Step Fwd Hold, Step Pivot 1/4, Step Fwd Hold

57,58,59,60 Step fwd on R, Pivot 1/4 left, Step fwd on R, Hold

61,62,63,64 Step fwd on L, Pivot 1/4 right, Step fwd on L, Hold

*There is a restart after count 40 on wall 5

The music slows at the start of this wall (5) so have a bit of fun with it if you feel so inclined!

What a great little song... it's terrific to dance to. I tried to make this dance interesting without being too hard, hope YOU find it to be so ~ There's a lot of repetition so the 64 counts is not a true indication of the dance itself.

See you on the floor sometime.... Jan