

Heartfirst

Song: Heartfirst
Artist: Kelsey Ballarina
Choreographers: Kate Moore (AUS) & Linda Burgess (AUS)- April 2022
Description: 64 counts, 2 wall, Intermediate dance. 1 restart. Version 0.2

Beats	Steps	Intro: 32 counts
{1-8} 1,2,3&4 5,6,7&8	SIDE, TOGETHER, CROSS, SHUFFLE, ¼ BACK, BACK, L COASTER Step R to R, close L beside R, cross/step R over L, step L to L, cross/step R over L Turn ¼ R & step back L, step back R, step back L, step R beside L, step fwd L	(3.00)
{9-16} 1&2,3&4 5,6,7&8	KICK, BALL, TOUCH, KICK, BALL, TOUCH, TOUCH/FRONT, TOUCH/SIDE, ¼ SAILOR Kick R fwd, step R beside L, touch L to L, kick L fwd, step L beside R, touch R to R Touch R fwd, touch R to R side, cross/step R behind L, turn ¼ R & step L beside R, step fwd R	(6.00)
{17-24} 1,2,3&4 5&6,7,8	ROCK/FWD, REPLACE, ½ SHUFFLE, ¼ SIDE SHUFFLE, BACK/ROCK, REPLACE Rock/step fwd L, replace weight to R, turn ¼ L & step L to L, step R beside L, turn ¼ L & step fwd L Turn ¼ L & step R to R, step L beside R, step R to R, rock/step back L, replace weight to R	(9.00)
{25-32} 1,2,3&4 5,6,7&8	STEP, LOCK, SHUFFLE, STEP, LOCK, SHUFFLE Step fwd L to L45, lock/step R behind L, step fwd L to L45, lock/step R behind L, step fwd L to L45 Step fwd R to R45, lock/step L behind R, step fwd R to R45, lock/step L behind R, step fwd R to R45	(10.30)
{33-40} 1,2,3&4 5,6,7&8	CROSS/ROCK, REPLACE, TRIPLE TURN L, STEP, KICK, BEHIND, SIDE, CROSS Cross/rock L over R, replace weight to R, turn 270deg L with a triple step (stepping L,R,L) Step R to R, kick L to L, cross/step L behind R, step R to R, cross/step L over R	(12.00)
{41-48} 1,2,3&4 5,6,7,8	SIDE, TOGETHER, SHUFFLE FWD, ROCK/FWD, REPLACE, ½ FWD, ½ BACK Step R to R, close L beside R, step fwd R, step L beside R, step fwd R Rock/step fwd L, replace weight to R, turn ½ L & step fwd L, turn ½ L & step back R	(12.00)
{49-56} 1,2,3,4 5,6,7&8	SIDE, TOGETHER, SIDE, TOUCH, FULL TURN, SHUFFLE FWD Step L to L, slide R beside L, step L to L, touch R beside L Turn ¼ R & step fwd R, turn ½ R & step back L, turn 3/8 th 's R (to R45) & step fwd R, step L beside R, step fwd R	(1.30)
{57-64} 1&2,3,4 5,6,7,8&	MAMBO FWD, STEP BACK, ½ FWD, ROCKINGCHAIR, 1/8th L (on diagonal) Rock/step fwd L, replace weight to R, step back L, step back R, turn ½ L & step fwd L Rock/step fwd R, replace weight to L, rock/step back R, replace weight to L, turn 1/8 th L to square off to centre	(6.00)

Tag/restart: Wall 2. Dance counts 1- 44 then add the following:-
1,2,3,4 Rock/step fwd L, replace weight to R, step back L, touch R beside L. Restart facing 6.00

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