

# Heart in My Hand

**Count:** 32    **Wall:** 0    **Level:** Advanced NC2

**Choreographer:** Debbie Rushton (Debbie McLaughlin) - Jan. 2016

**Music:** Over & Over Again by Nathan Sykes (You can also use the version featuring Ariana Grande – )

---

**Count In: 32 seconds**

## **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**

- 1 2&            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,  
5&6            Making 1/2 turn R step back on L and sweep R around from front to back (9 o clock)  
7&8&           Cross R behind L, Step L to L side, Cross R over L and sweep L around from back to front  
                 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 (6 o clock)

## **BACK ROCK SPIRAL FULL TURN, RUN X3, 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) (6 o clock)  
3&4            Making 1/2 turn over your R shoulder, run round R, L R in a semi circle (12 o clock)  
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 (9 o clock)

## **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**

- 1 2&            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 (3 o clock)  
3 4&            Cross L behind R and sweep R from front to back, Cross R behind L, Make 1/4 turn L stepping L Forward (12 o clock)  
5 6&            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 (7 o clock)

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

- 1 2&            Staying on the diagonal, Step forward on L, Run forward R, L (7 o clock)  
3&4&            Step R forward, Pivot 1/2 turn L taking weight into L, Step R forward, Make 1/2 turn R stepping back on L (7 o clock)  
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 (3 o clock)

7&8& Travelling to your R, Make 2 full turns over your R shoulder stepping R, L, R, L

**RESTART: During the 3rd 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 (&) (facing 6 o clock)

**Contact: [debmcwotzit@gmail.com](mailto:debmcwotzit@gmail.com)**

**Last Update – 31st Jan. 2016**