

Heavy on My Heart! (□□□□)

LINEDANCE.COM

Count: 34 **Wall:** 2 **Level:** Advanced - Nightclub

Choreographer: Niels Poulsen (Denmark) July 2012

Music: Heavy on My Heart by Anastacia. [4:29. - iTunes]

□□□

Cross side rock, cross side rock,

cross $\frac{1}{4}$ R $\frac{1}{2}$ R with sweep, back twinkle, cross rock

1&2

Cross R over L (1), rock L to L side (&), recover weight to R (2)

12:00

□□□□□□□□ (1), □□□□ (&), □□□□ (2) (□□ 12□□)

&3&

Cross L over R (&),

rock R to R side (3), recover weight to L (&) 12:00

□□□□□□□□ (&), □□□□ (3), □□□□ (&) (□□ 12□□)

4&5

Cross R over L (4), turn

$\frac{1}{4}$ R stepping L back (&), turn $\frac{1}{2}$ R stepping R fw sweeping L fw (5) 9:00

□□□□□□□□ (4), □□ 90□□□□ (&), □□ 180□□□□□□□□ (5) (□□ 9□□)

6&7

Cross L over R (6), step

back on R (&), step back on L opening body slightly to L side (7) 9:00

□□□□□□□□ (6), □□□□ (&), □□□□□□□□ (7) (□□ 9□□)

8&

Cross rock R over L (8),

recover weight on L (&) 9:00

□□□□□□□□ (8), □□□□ (&) (□□ 9□□)

□□□

R basic, side behind sweep, behind ¼

R point L, lunge, ¼ R sweep, cross, ¼ R, ½ R sweep

1&2

Step R a big step to R side (1), step L behind R (&), cross R over L

(2) 9:00

□□□□□ (1), □□□□□□□□ (&), □□□□□□□□ (2) (□□ 9□□)

&3

Step L to L side

(&), cross R behind L sweeping L out to L side (3) 9:00

□□□□ (&), □□□□□□□□□□□□ (3) (□□ 9□□)

4&5

Cross L behind R (4),

turn ¼ R stepping R fw (&), point L to L turning upper-body slightly R

(5) 12:00

□□□□□□□□ (4), □□ 90□□□□□□ (&), □□□□□□□□□□ (□□ 12□□)

6 - 7

Lunge L to L turning

upper-body slightly L (6), turn ¼ R stepping onto R with L sweep fw (7) 3:00

□□□□□□□□ (8), □ 90□□□□□□ (7) (□ 3□)

8&1

Cross L over R (8), turn ¼ L stepping R back (&), turn ½ L stepping

L fw with R sweep fw (1) 6:00

□□□□□□ (8), □ 90□□□□ (&), □ 180□□□□□□ (1) (□ 6□)

□□

R rock into back steps with R & L

sweep, behind side point, roll 1 ¼ L, step R fw

2&3

Rock R fw (2), recover on L sweeping R to R side (&), step R back

sweeping L to L side (3) 6:00

□□□□ (2), □□□□□□ (&), □□□□□□ (3) (□ 6□)

4&5

Cross L behind R (4),

step R to R (&), point L to L prepping upper-body slightly to R side (5)

6:00

□□□□□□ (4), □□□ (&), □□□□□□□□ (5) (□ 6□)

6&7

Turn ¼ L stepping fw on

L (6), turn ½ L stepping back on R (&), turn ½ L stepping fw on L (7)

3:00

□ 90□□□□ (6), □ 180□□□□ (&), □ 180□□□□ (7) (□ 3□)

8

Step fw on R (8) 3:00 □□□□ (8) (□ 3□)

□□□

½ L, reverse ¾ R sweep, cross rock

side X 2, cross, ¼ L, ½ L into ¼ sweep, cross side

1-2

Turn ½ L stepping L fw prepping upper-body slightly L (1), turn ½ R onto

R sweeping L a ¼ R (2) 6:00

□ 180□□□□□□□□□□ (1), □ 180□□□□□□ , □□□□□□□□ 90□ (2) (□ 6□)

3&4

Cross rock L over R (3),

recover weight back on R (&), step L a small step to L side (4) 6:00

□□□□□□□□□□ (3), □□□□ , □□□□□□ (4) (□ 6□)

&5&

Cross rock R over L

(&), recover weight back on L (5), step R a small step to R side (&)

6:00

□□□□□□□□□□ (&), □□□□ (5), □□□□□□□□ (&) (□ 6□)

6&7

Cross L over R (6), turn ¼ L stepping R back (&), turn ½ L stepping

L fw and sweeping R a ¼ L (7) 6:00

□□□□□□□□ (6), □□ 90□□□□□ (&), □□ 180□□□□□□□□□□ 90□ (7) (□□ 6□□)

8&

Cross R over L (8), step L to L side (&) 6:00

□□□□□□□□ (8), □□□□ (&) (□□ 6□□)

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Cross, side

1-2

Cross R over L (1), step L to L side (2) 6:00

□□□□□□□□ (1), □□□□ (2) (□□ 6□□)

2 TAGS - There's a 4 count tag after wall 1 (facing 6:00) and an 8 count tag after wall 6 (facing 12:00):

□□□□ (□□ 6□□)□□ 4□□□ , □□□□ (□□ 12□□)□□ 8□□□

mso-font-kerning:0pt">Tag 1

mso-font-kerning:0pt">Cross rock, recover, side R, cross rock, recover, side

L

1-2&

Cross rock R over L (1), recover weight back on L (2), step R small step to R side (&) 6:00

□□□□□□□□ (1), □□□□ (2), □□□□□ (&) (□□ 6□□)

3-4&

Cross rock L over R (3), recover weight back on R, (4), step L a small

step to L side (&) 6:00

□□□□□□□□ (3), □□□□ (4), □□□□□□ (&) (□□ 6□□)

mso-font-kerning:0pt">Tag 2

mso-font-kerning:0pt">Cross, L side rock cross, ¼ L X 2, cross, L side rock

cross, ¼ L X 2

1

Cross R over L (1) □□□□□□□□ (1)

2&3

Rock L to L side (2),

recover on R (&), cross L over R (3) 12:00

□□□□□ (2), □□□□ (&), □□□□□□□□ (3) (□□ 12□□)

4&5

Turn ¼ L stepping back

on R (4), turn ¼ L stepping L to L side (&), cross R over L (5) 6:00

□□ 90□□□□□ (4), □□ 90□□□□□ (&), □□□□□□□□ (5) (□□ 6□□)

6&7

Rock L to L side (6),

recover on R (&), cross L over R (7) 6:00

□□□□□ (6), □□□□ (&), □□□□□□□□ (7) (□□ 6□□)

8&

Turn ¼ L stepping back on R (8), turn ¼ L stepping L to L side (&)

12:00

□□ 90□□□□ (8), □□ 90□□□□ (&) (□□ 12□□)

1 restart: On wall 5, after 32 counts, facing 6:00

□□□□ , □□ 32□ , □□ 6□□□ , □□□□

FINISH You will automatically end facing 12:00. Complete your 8th wall

and you're there. 12:00 □□□□□□ , □□□□□□ **12**□□□□□□