

# Heavy on My Heart!

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

**Choreographer:** Niels Poulsen (Denmark) July 2012

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

**Intro: 16 count intro (app. 13 secs. into track). Weight on L foot**

**Sequence: Intro, 34, 4, 34, 34, 34, 32, 34, 8, 34, 34**

**[1 - 8] 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
- &3&**      Cross L over R (&), rock R to R side (3), recover weight to L (&) 12:00
- 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
- 6&7**      Cross L over R (6), step back on R (&), step back on L opening body slightly to L side (7)  
9:00
- 8&**      Cross rock R over L (8), recover weight on L (&) 9:00

**[9 - 17] R basic, side behind sweep, behind  $\frac{1}{4}$  R point L, lunge,  $\frac{1}{4}$  R sweep, cross,  $\frac{1}{4}$  R,  $\frac{1}{2}$  R sweep**

- 1&2**      Step R a big step to R side (1), step L behind R (&), cross R over L (2) 9:00
- &3**      Step L to L side (&), cross R behind L sweeping L out to L side (3) 9:00
- 4&5**      Cross L behind R (4), turn  $\frac{1}{4}$  R stepping R fw (&), point L to L turning upper-body slightly R  
(5) 12:00
- 6 - 7**      Lunge L to L turning upper-body slightly L (6), turn  $\frac{1}{4}$  R stepping onto R with L sweep fw (7)  
3:00
- 8&1**      Cross L over R (8), turn  $\frac{1}{4}$  L stepping R back (&), turn  $\frac{1}{2}$  L stepping L fw with R sweep fw (1)  
6:00

**[18 - 24] R rock into back steps with R & L sweep, behind side point, roll 1  $\frac{1}{4}$  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

- 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
- 6&7** Turn  $\frac{1}{4}$  L stepping fw on L (6), turn  $\frac{1}{2}$  L stepping back on R (&), turn  $\frac{1}{2}$  L stepping fw on L (7) 3:00
- 8** Step fw on R (8) 3:00

**[25 - 32]  $\frac{1}{2}$  L, reverse  $\frac{3}{4}$  R sweep, cross rock side X 2, cross,  $\frac{1}{4}$  L,  $\frac{1}{2}$  L into  $\frac{1}{4}$  sweep, cross side**

- 1 - 2** Turn  $\frac{1}{2}$  L stepping L fw prepping upper-body slightly L (1), turn  $\frac{1}{2}$  R onto R sweeping L a  $\frac{1}{4}$  R (2) 6:00
- 3&4** Cross rock L over R (3), recover weight back on R (&), step L a small step to L side (4) 6:00
- &5&** Cross rock R over L (&), recover weight back on L (5), step R a small step to R side (&) 6:00
- 6&7** Cross L over R (6), turn  $\frac{1}{4}$  L stepping R back (&), turn  $\frac{1}{2}$  L stepping L fw and sweeping R a  $\frac{1}{4}$  L (7) 6:00
- 8&** Cross R over L (8), step L to L side (&) 6:00

**[33 - 34] Cross, side**

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

**START AGAIN... and ENJOY!**

**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):**

**Tag 1: 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
- 3 - 4&** Cross rock L over R (3), recover weight back on R, (4), step L a small step to L side (&) 6:00

**Tag 2: Cross, L side rock cross,  $\frac{1}{4}$  L X 2, cross, L side rock cross,  $\frac{1}{4}$  L X 2**

- 1** Cross R over L (1)
- 2&3** Rock L to L side (2), recover on R (&), cross L over R (3) 12:00
- 4&5** Turn  $\frac{1}{4}$  L stepping back on R (4), turn  $\frac{1}{4}$  L stepping L to L side (&), cross R over L (5) 6:00
- 6&7** Rock L to L side (6), recover on R (&), cross L over R (7) 6:00
- 8&** Turn  $\frac{1}{4}$  L stepping back on R (8), turn  $\frac{1}{4}$  L stepping L to L side (&) 12:00

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

**FINISH You will automatically end facing 12:00. Complete your 8th wall and you're there. 12:00**

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