

# Heavy Hearts

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Maddison Glover - July 2013

**Music:** Let Me Down Easy by Sheppard

## Start dancing on lyrics

### **S1: SIDE, TOUCH, SIDE TOUCH, SIDE, TOUCH FORWARD, TOUCH SIDE, STEP BEHIND**

**1-4** Step right side, touch left together, step left side, touch right together

**5-8** Step right side, touch left forward, touch left side, cross left behind

### **S2: SIDE, ROCK, BEHIND, SIDE, TRAVELING HEEL GRIND, BEHIND, ¼ TURN**

**1-4** Rock right side, recover to left, cross right behind, step left side

**5-8** Cross right heel over (toe turned in), step left side (right toe turned out), cross right behind, turn ¼ left and step left forward

### **S3: ROCKING CHAIR, STEP ½, STEP ¼**

**1-4** Rock right forward, recover to left, rock right back, recover to left

**5-8** Step right forward, turn ½ left (weight to left), step right forward, turn ¼ left (weight to left)  
(12:00)

### **S4: FRONT, SIDE, BEHIND, POINT, BEHIND, ¼, FORWARD, SCUFF**

**1-4** Cross right over, step left side, cross right behind, sweep left front to back

**5-8** Cross left behind, turn ¼ right and step right forward, step left forward, brush right forward  
(3:00)

### **S5: SIDE, TOE/HEEL, BACK, ROCK, SIDE, REPLACE, BACK, ROCK**

**1-4** Step right toe side, lower right heel, rock left back, recover to right

**5-8** Rock left side, recover to right, rock left back, recover to right

### **S6: SIDE, TOE/HEEL, BACK, ROCK, SIDE, BEHIND, ¼, FORWARD**

**1-4** Step left toe side, lower left heel, rock right back, recover to left

**5-8** Step right side, cross left behind, turn ¼ right and step right forward, step left forward  
(6:00)

### **S7: DIAGONAL TOUCH, DIAGONAL TOUCH, SIDE, TOGETHER, BACK, KICK**

**1-4** Step right diagonally forward, touch left together, step left diagonally back, touch right together

**5-8** Step right side, step left together, step right back, kick left forward

### **S8: BACK, ROCK, $\frac{3}{4}$ STEP LOCKS**

**1-4** Rock left back, recover to right, turn  $\frac{1}{4}$  left and step left forward, lock right behind

**5-8** Turn  $\frac{1}{4}$  left and step left forward, lock right behind, turn  $\frac{1}{4}$  left and step left forward, brush right forward

### **REPEAT**

### **RESTARTS:-**

**Restart after count 16 on wall 2**

**Restart after count 32 on wall 7**