

In My Heart

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Count: 48 **Wall:** 2 **Level:** Intermediate

Choreographer: Maggie Gallagher (Nov 2013)

Music: Knee Deep in my Heart by Shane Filan

Intro: 8 counts start on vocals

S1: POINT & POINT & CROSS BACK HEEL & CROSS, KICK & CROSS BACK HEEL

- 1&2** Point right toe across left, Step right next to left, Point left toe across right
- &3&4** Step left next to right, Cross right over left, Step back on left, Tap right heel forward on right diagonal
- &5-6** Step right next to left, Cross left over right, Kick right forward on right diagonal
- &7&8** Step right next to left, Cross left over right, Step back on right, Tap left heel forward on left diagonal

S2: & CROSS, ¼ BACK, ½ SHUFFLE R, STEP TURN STEP, FULL TURN

- &1-2** Step left next to right, Cross right over left, ¼ right stepping back left
- 3&4¼ right stepping right to right side, Step left next to right, ¼ right stepping forward right [9:00]**
- 5&6** Step forward left, ½ pivot right, Step forward left [3:00]
- 7-8½ left stepping back on right, ½ left stepping forward left**

S3: RIGHT LOCK STEP, LEFT LOCK STEP, TOUCH, BALL WALK, KICK R, CROSS BACK SIDE, FWD L

- 1&2** Step forward right, Lock left behind right, Step forward right [3:00]
- &3&4** Step forward left, Lock right behind left, Step forward left, Touch right next to left
- &5-6** Ball step right slightly back, Walk forward on left onto right diagonal [4:30], Kick right forward on right diagonal
- &7&8** Cross right over left, Step back on left, Step right to right side, Step forward left [4:30]

S4: STEP R, ½ PIVOT L, 3/8 L, BEHIND SIDE CROSS & BEHIND SIDE, STEP L, TOUCH

- 1-2-3** Step forward on right, ½ pivot left [10:30], 3/8 left stepping right to right side [06:00]
- 4&5** Cross left behind right, Step right to right side, Cross left over right

&6& Step right to right side, Cross left behind right, Step right to right side

7-8 Take big step to left side, Touch right next to left [06:00]

S5: ¼ R, STEP L, ½ PIVOT R, ¼ R BALL CROSS, BALL CROSS, ¼ L, STEP R, ½ PIVOT L, ¼ L

1-2¼ right stepping forward right, Step forward left [9:00]

3&4½ pivot right, ¼ right stepping ball of left next to right, Cross right over left [6:00]

&5-6 Step left to left side,* Cross right over left, ¼ left stepping forward left [3:00] *Restart here
Wall 5

7&8 Step forward right, ½ pivot left, ¼ left stepping right to right side [6:00]

S6: BEHIND, SIDE, STEP, CROSS, BACK, SIDE, CROSS & HEEL &

1-2 Cross left behind right, Step right to right side

3-4 Step forward on left, Cross right over left

5-6 Step back on left, Step right to right side

7&8& Cross left over right, Step back on right, Tap left heel forward on left diagonal, Step left next to right

RESTART: Wall 5 after counts 36&, Restart dance facing 6:00

ENDING: Wall 7, after 16 counts (full turn left) turn a ¼ left stepping right to right side to finish the dance facing front wall

Contact: www.maggiieg.co.uk