

# FOLLOW YOUR HEART

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**Count:** 64      **Wall:** 4      **Level:** —

**Choreographer:** Peter Metelnick & Alison Biggs

**Music:** Sacred Trust by One True Voice

**Start 32 counts into the vocals when the heavy beat starts**

**LEFT FORWARD SYNCOPATED ROCK & RECOVER,  $\frac{1}{4}$  RIGHT HEEL GRIND, RIGHT BACK COASTER STEP, LEFT FORWARD,  $\frac{1}{2}$  RIGHT PIVOT TURN**

- 1-2      Rock left forward, recover weight on right
- &3-4    Step left together, touch right heel forward, grind heel  $\frac{1}{4}$  right (weight remains on left)
- 5&6    Step right back, step left together, step right forward
- 7-8    Step left forward, pivot  $\frac{1}{2}$  right

**LEFT FORWARD SYNCOPATED ROCK & RECOVER,  $\frac{1}{4}$  RIGHT HEEL GRIND, RIGHT BACK COASTER STEP,  $\frac{1}{4}$  RIGHT PIVOT TURN**

- 1-2      Rock left forward, recover weight on right
- &3-4    Step left together, touch right heel forward, grind heel  $\frac{1}{4}$  right (weight remains on left)
- 5&6    Step right back, step left together, step right forward
- 7-8    Step left forward, pivot  $\frac{1}{4}$  right

**LEFT CROSS SHUFFLE, RIGHT SIDE ROCK & RECOVER, RIGHT CROSS OVER, LEFT BACK, RIGHT ROCK BACK & RECOVER**

- 1&2      Cross step left over right, step right to right side, cross step left over right
- 3-4      Rock right to right side, recover weight on left
- 5-8      Cross step right over left, step left back, rock right back, recover weight on left

**$\frac{1}{2}$  LEFT, LEFT TOGETHER, SYNCOPATED HEEL TOUCH & FORWARD STEP,  $\frac{1}{2}$  RIGHT, RIGHT TOGETHER, SYNCOPATED HEEL TOUCH & FORWARD STEP**

- 1-2      Turning  $\frac{1}{2}$  left step right back, step left together
- &3&4    Step right back, touch left heel forward, step left together, step right forward
- 5-6      Turning  $\frac{1}{2}$  right step left back, step right together
- &7&8    Step left back, touch right heel forward, step right together, step left forward

**RIGHT FORWARD ROCK & RECOVER, RIGHT BACK COASTER STEP, LEFT ROCK FORWARD, ¼ LEFT RECOVER, LEFT SIDE TOUCH, LEFT FLICK**

- 1-2** Rock right forward, recover weight on left
- 3&4** Step right back, step left together, step right forward
- 5-8** Rock left forward, recover weight on right turning ¼ left, touch left toe to left side, flick left out to left diagonal

**LEFT SAILOR STEP, SYNCOPATED LEFT WEAVE, LEFT SIDE, RIGHT TOUCH TOGETHER, ½ RIGHT, LEFT TOUCH TOGETHER**

- 1&2** Cross step left behind right, step right to right side, step left slightly left
- 3&4** Cross step right behind left, step left to left side, cross step right over left
- 5-8** Step left to left side, touch right together, step right to right side turning ½ right, touch left together

**LEFT SYNCOPATED VINE, RIGHT & LEFT SYNCOPATED SIDE TOUCHES, RIGHT FORWARD ROCK & RECOVER**

- 1-2** Step left to left side, cross step right behind left
- &3-4** Step left to left side, cross step right over left, step left slightly left
- 5&6&** Touch right toes to right side, step right together, touch left toes to left side, step left together
- 7-8** Rock right forward, recover weight on left

**¼ RIGHT TOUCH, RIGHT FLICK, RIGHT & LEFT SAILOR STEPS, ½ LEFT, LEFT TOUCH TOGETHER**

- 1-2** Turning ¼ right touch right toes to right side, flick right to right diagonal
- 3&4** Cross step right behind left, step left to left side, step right slightly right
- 5&6** Cross step left behind right, step right to right side, step left slightly left
- 7-8** Turning ½ left step right back, touch left together

**REPEAT**

**TAG**

**After dancing 2 walls you will be facing the back wall. Dance the following 12 count tag before starting the dance again**

- 1&2** Step left forward, step right together, step left forward, 3-4 step right forward, pivot ½ left
- 5&6** Turning ¼ left step right forward, turning ¼ left step left back, step right back
- 7-8** Rock left back, recover weight on right
- 9&10** Touch left heel forward, step left together, touch right heel forward
- &11** Step right together, touch left heel forward
- &12** Clap twice

**Dance 2 more walls of the dance bringing you to the front wall. Dance the first 8 counts of the tag (only!) Before starting the dance again. Dance will finish after count 56. Touch right to right for finale.**