

# HANDS ON MY HEART

## Stay-In-Line

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**Choreographer:** Vivienne Scott

**Formation:** 64 count, 4 wall, Easy Intermediate Line Dance

**Music:** "Don't Take Your Hands Off My Heart" by Dawn Sears ([www.amazon.com](http://www.amazon.com) [www.amazon.co.uk](http://www.amazon.co.uk) [www.itunes.com](http://www.itunes.com) )

Start on lyrics

**1-8 CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE**

1-2 Cross rock R over L, recover on L,  
3&4 Shuffle to the right stepping, R, L, R  
5-6 Cross rock L over R, recover on R  
7&8 Shuffle to the left stepping, L, R, L

**9-16 ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE, PIVOT 1/2 TURN, SHUFFLE FORWARD**

1-2 Rock forward on R, recover on L  
3&4 Turn 1/2 R and shuffle forward stepping R, L, R  
5-6 Step L forward, pivot 1/2 turn R  
7&8 Shuffle forward stepping L, R, L

**17-24 ROCK FORWARD, RECOVER, 1/4 TURN SHUFFLE, WEAVE**

1-2 Rock forward on R, recover on L  
3&4 Turn 1/4 R and shuffle to the right stepping R, L, R  
5-8 Cross L over R, step R to right side, step L behind R, step R to right side

**25-32 CROSS ROCK, RECOVER, 1/4 TURN SHUFFLE, PIVOT 1/2 TURN X 2**

1-2 Cross rock L over R, recover on R  
3&4 Turn 1/4 L and shuffle in place stepping L, R, L  
5-6 Step R forward, pivot 1/2 turn L  
7-8 Step R forward, pivot 1/2 turn L

(Easier Option for 5-8 Rocking Chair)

**33-40 SHUFFLE FORWARD, PIVOT 1/2 TURN X 2, SHUFFLE FORWARD**

1&2 Shuffle forward stepping R, L, R  
3-4 Step L forward, pivot 1/2 turn R  
5-6 Step L forward, pivot 1/2 turn R  
7&8 Shuffle forward stepping L, R, L

(Easier Option for 3-6 Rocking Chair)

**41-48 ROCKS FORWARD, SIDE, BACK, SWAYS**

1-4 Rock forward on R, recover on L, rock R to right side, recover on L  
5-8 Rock back on R, recover on L, step R to right side & sway R, sway L

**49-56 STEP, HOLD, ROCK BACK, RECOVER, STEP TURNS, SHUFFLE FORWARD**

1-2 Step R to right side, hold  
3-4 Rock back on L, recover on R  
5-6 Turn 1/4 R & step L to left side, turn 1/2 R & step R forward  
7&8 Shuffle forward stepping L, R, L

**57-64 R DIAGONAL LOCK FORWARD, BRUSH, L DIAGONAL LOCK FORWARD, BRUSH**

1-4 Step R to right diagonal, lock L behind R, step R to right diagonal, brush L beside R  
5-8 Step L to left diagonal, lock R behind L, step L to left diagonal, brush R beside L

RESTART: On 4<sup>TH</sup> wall facing 3 o'clock, dance first 16 counts, then start again

There is also a partner version of this dance.