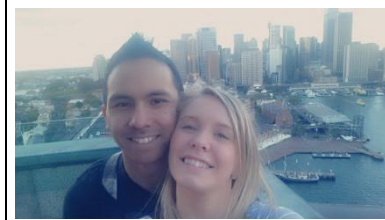


Elastic Heart

Choreographers: Fiona Murray (IRL),
Roy Hadisubroto (NL)

January 2020



Type of dance: 2 Wall, 64 Counts
 Level: Advanced
 Music: **Elastic Heart** by Sia Ft. The Weekend & Diplo
 Intro: After 16 counts
 Note: We have doubled the timing to try and make it easier to learn, hence the difference to normal timing in the nightclub section.

Counts		End facing
1 - 8	Drag In, Ball Step Hold, Step Hold, Touch Step Hold	
1 - 2	Strike R out to R side and begin drag in towards L (1), Finish R drag towards L (2)	12:00
& 3 - 4	Step R next to L (&), Step L forward (3), Hold (4)	12:00
5 - 6	Step R into R diagonal (5), Hold, (6)	12:00
& 7 - 8	Touch L next to R (&) Step L into L diagonal (7), Hold (8)	12:00
9 - 16	Cross Rock Hold, Ball Step Hold, Syncopated Sailor Steps, Touch, Point, Touch	
1 - 2	Cross R behind L rocking on ball of R (1), Hold (2),	12:00
& 3 - 4	Recover on L (&), Step R to R side (3), Hold (4)	12:00
& 5 & 6	Cross L behind R (&), Step R to R side (5), Step L to L side (&), Cross R behind L (6)	12:00
& 7 & 8 &	Step L to L side (&), Step R to R side (7), Touch L next to R (&), Point L to L side (8), Touch L next to R (&)	12:00
17 - 24	Slide, Hitch Cross, Unwind, Sweep x2, Pony Step	
1 - 2	Slide L to L side (1), Drag R towards L (2)	12:00
& 3 & 4	Hitch R (&), Cross R over L (3), Unwind $\frac{3}{8}$ Turn L weight ended on R (4)	4:30
5 - 6	Step L backwards while sweeping R from front to back (5), Step R backwards while sweeping L from front to back (6)	4:30
7 & 8	Step L backwards and Hitch R knee (7), Recover in place on ball of R (&), Step L backwards and Hitch R knee (8)	4:30
25 - 32	Slow Motion Run x2, Run x2, Kick Ball Point, $\frac{1}{4}$ Turn	
1 - 2	Step R forward while brushing L backwards (1-2)	4:30
3 - 4	Step L forward while brushing R backwards (3-4)	4:30
5 & 6 &	$\frac{1}{8}$ Turn L Step R forward while brushing L backwards (5), $\frac{1}{8}$ Turn L Step L forward while brushing R backwards (6)	3:00
7 & 8 &	Kick R forward (7), Close R next to L (&), Point L backwards (8), $\frac{1}{4}$ Turn L split weight between feet (&)	12:00
33 - 40	Dip Hold, Slow Snake, Snake x2, Chassé	
1 - 2	Bend both knees (1), Hold (2)	12:00
3 - 4	Slowly snake to the L (3-4)	12:00
5 - 6	Snake to the R (5), Snake to the L (6)	12:00
7 & 8	Step R to R side (7) Close L next to R (&) Step R to R side (8)	12:00
41 - 48	Step Sweep, Cross with Knee Pop Hold, $\frac{1}{2}$ Turn with Knee Pops, Weave	
1 - 2	Step L backwards while sweeping R from front to back (1-2)	12:00
3 - 4	Cross R behind L while popping L knee (3), Hold (4)	12:00
5 - 6	$\frac{1}{4}$ Turn L Step L forward while popping R knee forward (5), $\frac{1}{4}$ Turn L Step R to R side while popping L knee forward (6)	6:00
7 & 8	Cross L behind R (7), Step R to R side (&), Cross L over R (8)	6:00
49 - 56	Jump Together, Hold, $\frac{3}{4}$ Pivot (Arms)	
& 1 - 2	Step R to R side (&), Close L next to R (1), Hold (2)	6:00
3 - 4	Step R forward (3), Hold (4)	6:00
& 5 - 6	Slowly begin $\frac{1}{2}$ Turn L on ball of feet (&), Finish $\frac{1}{2}$ Turn L weight on R (5-6)	12:00
& 7 - 8	Touch L backwards (&), $\frac{1}{4}$ Turn L transferring weight onto L (7) Rotate upperbody $\frac{1}{4}$ Turn L (7-8)	9:00
Arms		
3 - 4	Swing R arm from R side to in front of body, bent at the elbow at 90-degree angle, handpalm goes from opened to closed (as if grabbing something) (3-4)	
5 - 6	R arm begins to cross body towards L hip (5), R fist hits off L fist, L arm moves away going behind back (6)	
7 - 8	L hand tips R elbow (7), R arm moves away creating "wave" beginning at elbow finishing out in front of body (8)	
Tip	Break down of counts in this section is complex as body leads before feet. Just think of following your arm movements (Grab, L fist, R elbow, Wave)	

57 - 64	Knee Pops, Pony Step, ¼ Turn Chasse	
1 - 2	Transfer weight onto R while popping L knee forward and looking to R side (1), Hold (2)	9:00
& 3 - 4	Pop R knee forward while straightening L leg (&), Pop L knee forward while straightening R leg (3), Hold (4)	9:00
5 & 6	Step L backwards and Hitch R knee (5), Recover in place on ball of R (&), Step L backwards and Hitch R knee (6)	9:00
& 7 & 8	¼ Turn R Step R to R side (&), Close L next to R (7), Step R to R side (&), Close L next to R (8)	12:00
Styling Option	Place R hand over mouth on count 1. This alternates to hand being on heart depending on what she sings	
65 - 72	Basic Nightclub Diamond	
1 - 2 - 3 - 4	Step R to R side (1), Hold (2), ⅛ Turn L Step L backwards (3), Step R backwards (4)	10:30
5 - 6 - 7 - 8	⅛ Turn L Step L to L side (5), Hold (6), ⅛ Turn L Step R forward (7), Step L forward (8)	7:30
7 - 8	Turn 1/8 L and Step R forward, Step L forward	7:30
73 - 80	¼ Turn Lean, Walk x2, Rock Recover, Leg Flick ½ Turn	
1 - 2 - 3 - 4	¼ Turn L Step R to R side (1), Lean to R side (2), ¼ Turn Step L forward (3), Step R forward (4)	1:30
5 - 6 - 7 - 8 &	Rock L forward (5), Recover onto R (6), Step L backwards (7), Brush R backwards (8), ½ Turn R Hitch R knee (&)	7:30
81 - 88	Sweep, Cross Out Out, Press Recover	
1 - 2	Step R forward while beginning L sweep from back to front (1), Finish L sweep from back to front (2)	7:30
3 - 4	Cross L over R (3), ⅛ Turn L Step L backwards (4),	6:00
5 - 6	Step L out to L side split weight between feet, Start rotating upperbody ¼ Turn L towards 3 o'clock (5), Press into ball of R, Finish rotating upperbody ¼ Turn L (6)	6:00
7 - 8	Upperbody rotates ¼ Turn R towards 6 o'clock (7), Recover weight onto L (8)	6:00
Arms		
5	<i>Hands come in front of chest R hand above L hand (not touching), R hand palm facing downward L hand palm facing upward, hands open to front rotating counter-clockwise (switching places)</i>	
6	<i>Hands finish closed with L hand on top of R hand while pushing both arms forward</i>	
7	<i>Pull both arms back to centre</i>	
89 - 96	Press Hold, Close, Press Hold, Press Switches, Ball Point, Lean	
1 - 2	Press ball of R forward (1), Hold (2)	6:00
& 3 - 4	Close R next to L (&), Press ball of L forward (3), Hold (4)	6:00
a 5 a 6 a	Close L next to R (a), Press ball of R forward (5), Close R next to L (a), Press ball of L forward (6), Close L next to R (a)	6:00
7 & 8 &	Touch R to R side (7), Transfer weight from L to R (8), Close L next to R (&)	6:00
Challenge!	Isolation for counts 89-96 IF YOU DARE TO!!	
1 - 2	Press ball of R forward (1), Pull L shoulder back bringing R shoulder forward (2)	
& 3 - 4	Close R next to L (&), Press ball of L forward (3), Pull R shoulder back bringing L shoulder forward (4)	
a 5 & a 6 &	Close L next to R (a), Press ball of R forward (5), Pull L shoulder back bringing R shoulder forward (&), Close R next to L (a), Press ball of L forward (6), Pull R shoulder back bringing L shoulder forward (&)	
a 7 & a 8 &	Close L next to R (a), Touch R to R side (7), Squaring shoulders back towards 6 o'clock, Bring R shoulder up while beginning weight transfer from L to R (&), Bring L shoulder up continue weight transfer (a), Bring R shoulder up finishing weight transfer (8), Close L next to R (&)	
	START AGAIN AND HAVE FUNNNN DARE TO BE UNIQUE	