

Tell Your Heart To Beat Again



Count: 32 **Wall:** 2 **Level:** Intermediate NC

Choreographer: Jo Kinser (UK), Jonas Dalhgren (Swe), Michael Barr (USA) Dec 2016

Music: Tell Your Heart To Beat Again by Danny Gokey.CD: Hope In Front Of Me / iTunes or Amazon- 67 bpm

Lead: 16 cts.

[1-8] Cross Sweep, Cross Step ¼ L, Step Back, ¼ L, ¼L, ¼ Sway, Sway, Step Side, Rock, Return

- 1 2& Step R in front of L sweeping your L from back to front; Step L in front of R; Turn ¼ left stepping back on R
- 3 4& Step L back; Turn ¼ left stepping your R behind your L; Turn ¼ left stepping your L forward
- 5 - 6 Turn ¼ left stepping your R side right into a swaying motion; Sway to your left (weight L)
- 7 8& Step R side right; Rock back onto your L; Return onto your R (12:00)

[9-16] Full Spiral Turn, 2 Steps Forward (diag.) Lunge, Return, Back, Side, Cross, ¼ R, ¼ R, Cross, Side

- 1 2& Step forward on ball of L turning full turn right to left diag. (11 o'clock); Step R forward; Step L forward
- 3 4& Lunge (rock) forward onto your R (weight over R knee); Step L back; Step R back crossing slightly behind
- 5 6& Step L side right (open slightly to left diagonal); Step R in front of L; Turn ¼ right stepping back on L
- 7 8& Turn and sweep L ¼ right stepping R side right; Cross L in front of R; Step R side right (3:00)

[17-24] Cross/Sweep, Cross, Side, Back, Rock, Return ½ R, Back, Rock, Return, Full Spiral, Step, Step

- 1 2& Cross L in front of R as you sweep your R from back to front; Step R in front of L; Step L side left
- 3 4& Step R back to face right diagonal (4:30); Rock back on your L; Return onto your R as you pivot ½ turn right
- 5 6& Step back onto your L; Rock back onto you R; Return weight to your L
- 7 8& Step R slightly forward into a full spiral left turn; Small step L forward; Small step R forward (11:00)

[25-32] ½ Turn, Rock, Return, Back, Back, Side, Sway Return, Behind, Side

- 1 2& Turn ½ left onto your L; Rock forward on R to left diagonal; Return onto L in place (4:30)
- 3 4& Step back on your R; Step back on your L; Step R side right (square up and open hips slightly to right)
- 5 - 6 Step L in front of R; Sway R stepping R side right
- 7 8& Return weight to L (pull right hip slightly back on diag. 7:30); Step R behind L; Step L side left (6:00)

Begin Again!

Tag #1 End of wall 2 there is an 8-count tag (1-8&). It starts on the front wall and ends on the front wall □

Cross, Side, Lean/Look Left, Full Turn Right, Serpentine Weave

- 1, 2, 3 Cross R in front of L; Step L side left; Shift upper body to lean left, look left and swing both arms to the left
- 4 & 5 Turn ¼ right onto R; Turn ½ right stepping back on L; Turn ¼ right stepping R side right (12:00)
- 6 & 7 Cross L in front of R; Step R side right; Step L behind R as you sweep your R from front to back
- 8 & Step R behind L; Step L side left (&) Begin the dance at this point!

Tag #2 End of wall 4 there is a 4-count tag (1-4&). It starts on the front wall and ends on the front wall □

Serpentine Weave

- 1, 2& Step R in front of left sweeping your left from back to front; Step L in front of R; Step R side right
- 3, 4& Step L behind R as you sweep your R from front to back; Step R behind L; Step L side left (&) Begin here!

Ending: Dance the last 8 & cts. on the back wall. Turn ½ left stepping R side right facing front on count 1 of the 8&1.

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