

# Hand on Heart

**Count:** 32**Wall:** 4**Level:** Intermediate**Choreographer:** Guillaume Richard (FR) & Debbie Rushton (UK) - February 2023**Music:** Whistle - Jax Jones & Calum Scott**Count In: After 16 counts (on lyrics)****DOROTHY STEP, CROSS ROCK RECOVER, FULL TURN L, SIDE TOUCH BEHIND**

- 1 2& Step R to R diagonal, Lock L behind R, Step R to R diagonal  
 3 4 Cross rock L over R, Recover back onto R  
 5 6 Make  $\frac{1}{4}$  turn L stepping L forward, Make  $\frac{1}{2}$  turn L stepping R back  
 7 8 Make  $\frac{1}{4}$  turn L stepping L to L side, Touch R behind L (look over L shoulder)

**OUT OUT, FULL TURN R, SIDE HOLD & SIDE FLICK**

- 1 2 Step R out to R side (pushing R hip out), step L out to L side (pushing L hip out)  
 3 4 Make  $\frac{1}{4}$  turn R stepping R forward, Make  $\frac{1}{2}$  turn R stepping L back  
 5 6 Make  $\frac{1}{4}$  turn R taking big step to R side, Hold count 6  
 &7 8 Step L beside R, Step R to R side, Step L beside R and flick R foot up to R side

**CROSS, SIDE, BACK TOUCH, L SHUFFLE SWEEP, CROSS  $\frac{1}{4}$  TURN SIDE**

- 1 2 Cross R over L, Step L to L side  
 &3 Rock R behind L (angle body to R diagonal – 1 o'clock), Touch L toe in place  
 4&5 L shuffle forward to diagonal (1 o'clock), sweeping the R around on count 5  
 6 7 8 Cross R over L squaring up to 3 o'clock wall, Make  $\frac{1}{4}$  turn R stepping L back, Step R to R side

**STEP  $\frac{1}{4}$  TURN, WALK BACK x2, BACK ROCK RECOVER, STEP  $\frac{1}{2}$  TURN**

- 1 2 Step L forward (Push R hand forward, palm facing forward), Keeping feet in place, pivot  $\frac{1}{4}$  turn R keeping weight on L (arm stays up)  
 3 4 Walk back R (place R hand on your heart), Walk back L (place L hand on top of R hand)  
 5 6 Rock back on R (bring both arms down), Recover forward onto L  
 7 8 Step R forward, Pivot  $\frac{1}{2}$  turn L taking weight on L

**NO TAGS, NO RESTARTS, ENJOY!! 😊****Contact:** [debmcwotzit@gmail.com](mailto:debmcwotzit@gmail.com) or [cowboy\\_gs@hotmail.fr](mailto:cowboy_gs@hotmail.fr)