

# HEART OF COURAGE

**SONG:** "HEART OF COURAGE" by AMY DOUGLAS. **ALBUM:** "HEART OF COURAGE"

**ORIGINAL POSITION:** FEET TOGETHER WEIGHT ON THE LEFT FOOT.

**CHOREOGRAPHER:** GORDON ELLIOTT. Sydney. NSW. AUSTRALIA. March 2013.

Choreographed for the Sydney Line Dance Ball in aid of Ronald McDonald House.

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For a video by Gordon visit <http://youtu.be/YY2IHhS0mw>

BEATS	STEPS: This dance is done in TWO directions. Introduction: On word "Moments"
1, 2 & 3 & 4 5 & 6 7 & 8 #	<p><b>ACROSS, ROCK-1/4 FORWARD-QUICK PIVOT-1/4 SIDE BEHIND-SIDE-ACROSS, SIDE-1/4 TURN-FORWARD</b></p> <p>STEP R ACROSS IN FRONT OF LEFT, ROCK ONTO L, TURN 90° RIGHT STEP R FORWARD, PIVOT : STEP L FORWARD, TURN 180° RIGHT TAKE WEIGHT ONTO R, TURN 90° RIGHT STEP L TO THE SIDE, STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, TURN 90° RIGHT STEP R FORWARD, STEP L FORWARD. (3.00)</p>
1 & 2 3 & 4 & 5 & 6 7 & 8	<p><b>1/2 BACK-1/2 FORWARD-FORWARD, FORWARD-TOGETHER-BACK-TOGETHER, QUICK PADDLE-ACROSS, 1/4 BACK-1/2 FORWARD-1/4 SIDE</b></p> <p>TURN 180° LEFT STEP R BACK, TURN 180° LEFT STEP L FORWARD, STEP R FORWARD, STEP L FORWARD, STEP R TOGETHER, STEP L BACK, STEP R TOGETHER, PADDLE : STEP L FORWARD, TURN 90° RIGHT TAKE WEIGHT ONTO R, STEP L ACROSS IN FRONT OF RIGHT, TURN 90° LEFT STEP R BACK, TURN 180° LEFT STEP L FORWARD, TURN 90° LEFT STEP R TO THE SIDE. (6.00)</p>
1 & 2 & 3 & 4 ## 5 & 6 7 & 8	<p><b>BACK-ROCK-1/4 BACK-1/2 FORWARD-QUICK PADDLE-ACROSS SCISSOR STEP, SIDE-1/4 TOGETHER-FORWARD</b></p> <p>STEP L BACK, ROCK FORWARD ONTO R, TURN 90° RIGHT STEP L BACK, TURN 180° RIGHT STEP R FORWARD, PADDLE : STEP L FORWARD, TURN 90° RIGHT TAKE WEIGHT ONTO R, STEP L ACROSS IN FRONT OF RIGHT, STEP R TO THE SIDE, STEP L TOGETHER, STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE, TURN 90° RIGHT STEP R TOGETHER, STEP L FORWARD. (9.00)</p>
1, 2 3 & 4 & 5 & 6 7 & 8 & **	<p><b>FORWARD, ROCK, 1/2 FORWARD-1/2 BACK-BACK-HOOK FORWARD-1/2 BACK-1/2 FORWARD, QUICK PADDLE-ACROSS-SIDE</b></p> <p>STEP R FORWARD, ROCK BACK ONTO L, TURN 180° RIGHT STEP R FORWARD, TURN 180° RIGHT STEP L BACK, STEP R BACK, HOOK L HEEL TO RIGHT SHIN, STEP L FORWARD, TURN 180° LEFT STEP R BACK, TURN 180° LEFT STEP L FORWARD, STEP R FORWARD, TURN 90° LEFT TAKE WEIGHT ONTO L, STEP R ACROSS IN FRONT OF LEFT, STEP L TO THE SIDE. (6.00)</p>
32	REPEAT THE DANCE IN NEW DIRECTION
1, 2	<p><b>TAG :</b> At the END ( ** ) of WALL 1 (BACK) &amp; WALL 4 (BACK) add the following tag STEP R ACROSS IN FRONT OF LEFT, ROCK BACK ONTO L,</p> <p><b>RESTART 1 :</b> On WALL 3 &amp; WALL 6 dance to BEAT 8 ( # ) then TURN 90° LEFT and RESTART to the FRONT.</p> <p><b>RESTART 2 :</b> On WALL 7 dance to BEAT 20 ( ## ) and RESTART to the BACK.</p>