



Heavy Hearts

Choreographer: Maddison Glover (AUS) – July 2013
Description: 64 Count, 4 Wall -Intermediate Line Dance
Music: Let Me Down Easy – Sheppard
Album: Sheppard EP



Begin the dance on the lyrics "...Night and Day..."

- 1,2,3,4
5,6,7,8
Side, Touch, Side Touch, Side, Touch fwd, Touch side, Step behind
Step R to R side, Touch L beside R, Step L to L side, Touch R beside L
Step R to R side, Point L toe fwd, Point L to L side, Step L behind
- 1,2,3,4
5,6,7,8
Side, Rock, Behind, Side, Travelling heel grind, Behind, ¼ turn
Step/Rock R to R side, Step/Rock L to L side, Step R behind L, Step L to L side,
R crossing heel-grind, Step L to L side, Cross R behind L, Turn ¼ L stepping L fwd.
9:00 *
- 1,2,3,4
5,6,7,8
Rocking Chair, Step ½, Step ¼
Rock fwd onto R, Replace weight onto L, Rock back onto R, Replace weight onto L,
Step R fwd, Pivot ½ turn over L, Step R fwd, turn ¼ over L **12:00**
- 1,2,3,4
5,6,7,8
Front, Side, Behind, Point, Behind, ¼, Fwd, Scuff
Cross R over L, Step L to L side, Step R behind, Sweep L around (anti-clockwise)
Cross L behind R, Turn ¼ R stepping R fwd, Step L fwd, Scuff R fwd **3:00**

- 1,2,3,4
5,6,7,8
Side, Toe/Heel, Back, Rock, Side, Replace, Back, Rock
Touch R toe to R side, Drop R heel, Rock back onto L, Replace weight onto R,
Step/Rock L to L side, Replace weight onto R, Rock back onto L foot, Replace
weight onto R
- 1,2,3,4
5,6,7,8
Side, Toe/Heel, Back, Rock, Side, Behind, ¼, Fwd
Touch L toe to L side, Drop L heel, Rock back onto R, Replace weight onto L,
Step R to R side, Step L behind R, Turn ¼ R stepping R fwd, Step L fwd **6:00**
- 1,2,3,4
5,6,7,8
Diagonal touch, Diagonal touch, Side, Together, Back, Kick
Step R fwd onto R diagonal, Touch L beside R, Step L back onto L diagonal,
Touch R beside L (square up)
Step R to R side, Step L together, Step R back, Kick L fwd
- 1,2,3,4
5,6,7,8
Back, Rock, ¾ Step Locks
Step/rock L back, replace weight onto R, Turn ¼ L stepping L fwd, Lock R
behind L,
Turn ¼ L stepping L fwd, Lock R behind L, Turn ¼ L stepping L fwd, Scuff R fwd
9:00

- * Restart 1: During the second sequence, dance up to count 16 and restart facing 6:00**
*** Restart 2: During the seventh sequence, dance up to count 32 and restart facing 9:00**

Ending: Dance up to count 40 and turn ¼ R stepping L back whilst dragging R towards L.

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