

Hold My Heart

Music	Hold My Heart
Artist	Sara Bareilles (Album: Kaleidoscope Heart) available on Itunes
Choreographers	Christine & Katherine Collins, Melbourne, Victoria, Australia Sept 2011
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BEATS	DESCRIPTION	32 Count 4 Wall Intermediate Intro: 16 beats
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1-8 ROCK FWD, BACK ½ FWD, ROCK FWD, BACK, ¼ SIDE, R COASTER FWD, SWEEP, SWEEP

1, 2 & 3	Rock forward R, Rock back L, Step forward ½ R, Rock forward L	(6:00)
4 &	Rock back R, Step ¼ L to the side	(3:00)
5 & 6	Step R forward, Step L together, Step R back	
7, 8	Sweep L back, Sweep R back	

9-16 LOCK FWD INTO 1/8 CORNER, TURN ½ L STEP R BACK, ROCK BACK L, ROCK FWD R, STEP FWD L, STEP FWD R, ½ PIVOT, STEP L TO SIDE 1/8 RIGHT

1 & 2	Step L forward 1/8 left, lock R behind, step L forward	(1:00)
& 3, 4	Turn ½ left stepping back R, Rock L back, Replace weight forward on R	(7:00)
5 6	Step L forward, Step R forward	
7 & 8 #	Step L forward pivot ½ right, turn 1/8 right stepping L to side	(3:00)

17-24 STEP DRAG, BEHIND ½ TURN, ROCK TOGETHER, TOE UNWIND ½, HOOK, STEP FWD R, STEP FWD L

1, 2 & 3	Step R to right side, Drag L, Step behind L, Step ¼ R stepping R forward, Step ¼ R stepping L to side	(9:00)
4 &	Rock R, Step L together,	
5 6	R toe touch behind, unwind ½ right, keep weight back on left, hook R foot	(3:00)
7, 8	Step R forward, Step L forward	

25-32 SIDE ROCK CROSS, ¼ BACK, ¼ SIDE, STEP (REPEAT)

1 & 2	Rock R to right side, Replace weight L, cross R over L	(3:00)
3 & 4	¼ turn right and step L back, ¼ turn right and step R to right side, step L together	(9:00)
5 & 6	Rock R to right side, Replace weight L, cross R over L	
7 & 8 *	¼ turn right and step L back, ¼ right turn and step R to right side, step L together	(3:00)

REPEAT

RESTART: # On Wall 4 dance to count 16 then start wall 5 to front.

TAG: * At the end of wall 7 repeat last 8 counts and restart

ENDING: Wall 10: Dance to count 19 and Drag R foot towards left.