

Rhythm of My Heart

Count: 32

Wall: 4

Level: Improver

Choreographer: Claire Cherry (AUS) - October 2023

Music: Rhythm of My Heart - Rod Stewart : (iTunes / Spotify)

Tags: End of Walls 3, 4 & 8

Restart: Wall 6 - 24 counts (with step change)

Intro: 48 counts (optional intro – see below)

Optional INTRO: when the heavy beat starts after 32 counts

1-8 Right hand slowly raises right side with right heel bounces

9-16 Right hand forms fist and slowly comes down in front of body with right heel bounces

[1 – 8] DOROTHY, SIDE, BEHIND, SIDE, CROSS ROCK RECOVER, STOMP, HEEL BOUNCE (12.00)

1-2& Step right to right diagonal, lock left behind right, step right to right diagonal

3-4& Step left to left, step right behind left, step left to left side

5-6 Cross rock right over left, recover weight onto right

7&8 Stomp right to right side, lift right heel (&), tap heel down (8) weight on left (12.00)

[9 – 16] ¼ VINE, ½ TURN WITH KNEE POP, WALK BACK X2, ROCK BACK RECOVER (9.00)

1-2 Step right to right, step left behind right,

3-4 ¼ right step right forward, ½ right stepping back on left pop right knee (9.00)

5-6 Walk back right, left

7-8 Rock back onto right and pop left knee, replace weight onto left

[17 – 24] WALK x2, SHUFFLE FWD, ¼ PIVOT, CROSS, SIDE (12:00)

1 2 Walk forward right, left

3&4 Step forward right, step left beside right, step forward right

5-6 Step forward left, pivot ¼ turn over right shoulder transfer weight onto right (12.00)

7-8 Cross left over right, step right to right side

***** RESTART here on Wall 6 with step change*****

[25 – 32] BEHIND, POINT, CROSS SHUFFLE, SIDE ROCK, RECOVER, ¼ SAILOR (9.00)

1 2 Cross left behind right, point right to right side

3&4 Cross right over left, small step left to side, cross right over left

5-6 Step left to left side with a body sway, recover weight on right

7&8 Cross left behind right, ¼ left stepping right to right side, step left to left side (9.00)

TAGS:

END OF WALL 3 (9.00) & WALL 4 (12.00) : SINGLE ROCKING CHAIR

END OF WALL 8 (12.00) : DOUBLE ROCKING CHAIR (REPEAT TAG)

1-2 Rock forward onto right foot, replace weight onto left

3-4 Rock back onto right, replace weight onto left

**RESTART: WALL 6 – 23 counts then replace count 24 with
Right touch to right side**

ENDING: END OF WALL 9 – sailor step at 12.00 (no ¼ turn)

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