



## HEAVY ON MY HEART!

Choreographed by: Niels Poulsen (Denmark)

Music: **Heavy On My Heart** by **Anastacia**

Descriptions: 34 count, 2 wall, Advanced level line dance

**Sequence: Intro, 34, 4, 34, 34, 34, 32, 34, 8, 34, 34**

Intro: 16 count intro (app. 13 secs. into track). Weight on L foot

### **1-8 Cross Side Rock, Cross Side Rock, Cross ¼ R ½ R With Sweep, Back Twinkle, Cross Rock**

1&2 Cross R over L (1), rock L to L side (&), recover weight to R (2)

&3& Cross L over R (&), rock R to R side (3), recover weight to L (&)

4&5 Cross R over L (4), turn ¼ R stepping L back (&), turn ½ R stepping R fw sweeping L fw (5) **9:00**

6&7 Cross L over R (6), step back on R (&), step back on L opening body slightly to L side (7)

8& Cross rock R over L (8), recover weight on L (&)

### **9-17 R Basic, Side Behind Sweep, Behind ¼ R Point L, Lunge, ¼ R Sweep, Cross, ¼ R, ½ R Sweep**

1&2 Step R a big step to R side (1), step L behind R (&), cross R over L (2)

&3 Step L to L side (&), cross R behind L sweeping L out to L side (3)

4&5 Cross L behind R (4), turn ¼ R stepping R fw (&), point L to L turning upper-body slightly R (5) **12:00**

6-7 Lunge L to L turning upper-body slightly L (6), turn ¼ R stepping onto R with L sweep fw (7) **3:00**

8&1 Cross L over R (8), turn ¼ L stepping R back (&), turn ½ L stepping L fw with R sweep fw (1) **6:00**

### **18-24 R Rock Into Back Steps With R & L Sweep, Behind Side Point, Roll 1 ¼ L, Step R Fw**

2&3 Rock R fw (2), recover on L sweeping R to R side (&), step R back sweeping L to L side (3)

4&5 Cross L behind R (4), step R to R (&), point L to L prepping upper-body slightly to R side (5)

6&7 Turn ¼ L stepping fw on L (6), turn ½ L stepping back on R (&), turn ½ L stepping fw on L (7) **3:00**

8 Step fw on R (8)



**25-32 ½ L, Reverse ¾ R Sweep, Cross Rock Side X 2, Cross, ¼ L, ½ L Into ¼ Sweep, Cross Side**

1-2 Turn ½ L stepping L fw prepping upper-body slightly L (1), turn ½ R onto R sweeping L a ¼ R (2) **6:00**

3&4 Cross rock L over R (3), recover weight back on R (&), step L a small step to L side (4)

&5& Cross rock R over L (&), recover weight back on L (5), step R a small step to R side (&)

6&7 Cross L over R (6), turn ¼ L stepping R back (&), turn ½ L stepping L fw and sweeping R a ¼ L (7) **6:00**

8& Cross R over L (8), step L to L side (&)

**33-34 Cross, Side**

1-2 Cross R over L (1), step L to L side (2)

**2 TAGS** - There's a 4 count tag after **Wall 1** (facing **6:00**) and an 8 count tag after **Wall 6** (facing **12:00**):

**Tag 1: Cross Rock, Recover, Side R, Cross Rock, Recover, Side L**

1-2& Cross rock R over L (1), recover weight back on L (2), step R small step to R side (&) **6:00**

3-4& Cross rock L over R (3), recover weight back on R, (4), step L a small step to L side (&) **6:00**

**Tag 2: Cross, L Side Rock Cross, ¼ L X2, Cross, L Side Rock Cross, ¼ L X2**

1 Cross R over L (1)

2&3 Rock L to L side (2), recover on R (&), cross L over R (3) **12:00**

4&5 Turn ¼ L stepping back on R (4), turn ¼ L stepping L to L side (&), cross R over L (5) **6:00**

6&7 Rock L to L side (6), recover on R (&), cross L over R (7) **6:00**

8& Turn ¼ L stepping back on R (8), turn ¼ L stepping L to L side (&) **12:00**

**FINISH:** You will automatically end facing **12:00**. Complete your 8th wall and you're there. . . . **12:00**