

# HEART AND I

**Choreographer:** Alan G. Birchall

**Level:** Advanced

**Dance:** Four Wall Linedance **Note:** This dance continues until the very end of the track

**Steps/Count:** 64

**Restart:** None

**Music:** Heart And I – Robbie Williams

**CD:** In And Out Of Consciousness (Greatest Hits 1990 – 2010)

**Start:** Just Before Lyrics At Start Of The Beat

**Seconds:** 16 **Count:** 32 **BPM:** 124

*alan G. Birchall*



## **STEPS**

### **ROCK, RECOVER, LOCK STEPS BACK, TOUCH BACK, UNWIND**

- 1-2 Rock Forward On Right, Recover On Left
- 3&4 Step Back On Right, Lock Left Over Right, Step Back On Right
- 5&6 Step Back On Left, Lock Right Over Left, Step Back On Left
- 7-8 Touch Right Toe Back, Unwind ½ Turn Right 6'o' Clock

### **STEP, ¼ PIVOT, CROSS SHUFFLE, TOE TOUCHES, HITCH**

- 9-10 Step Forward On Left, ¼ Pivot Right 9'o' Clock
- 11&12 Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 13&14 Touch Right Toe To Right, Step Right By Left, Touch Left Toe To Left
- &15-16 Step Left By Right, Touch Right To Right, Hitch Right Knee

### **ROLLING VINE RIGHT, ¼ TURN, ¼ SIDE CHASSE**

- 17-18 Making ¼ Turn Right Stepping Forward On Right, Making ½ Turn Right Stepping Back On Left
- 19-20 Making ¼ Turn Right Step Right To Right, Touch Left By Right **(Clap Hands)** 9'o' Clock
- NOTE:- Dance Finish's Here During 9<sup>th</sup> Wall Facing 12 'o' clock**
- 21-22 Making ¼ Turn Left Stepping Forward On Left, Making ½ Turn Left Stepping Back On Right
- 23&24 Making ¼ Turn Left Stepping Left To Left Step Right By Left, Step Left To Left 9'o' Clock

### **CROSS, BACK, SIDE CHASSE, CROSS, BACK, ¼ SIDE CHASSE**

- 25-26 Cross Right Over Left, Step Back On Left
- 27&28 Step Right To Right, Left By Right, Step Right To Right
- 29-30 Cross Left Over Right, Step Back On Right
- 31&32 Step Left To Left, Right By Left, Making ¼ Turn Left Stepping Forward On Left 6'o' Clock

### **CROSS, UNWIND, SIDE CHASSE, RIGHT HEEL JACK, STEP, CROSS, SIDE**

- 33-34 Cross Right Over Left, Unwind A Full Turn To Left
- 35&36 Step Left To Left, Step Right By Left, Step Left To Left
- 37&38 Cross Right Over Left, Step Left To Left, Extend Right Heel
- &39-40 Step Right By Left, Cross Left Over Right, Step Right To Right **(Body Angled To 7 'o' Clock)**

### **CROSS, UNWIND, RECOVER, ¼ SIDE CHASSE, TRAVELLING HEEL JACKS**

- 41-42 Cross Left Behind Right, Unwind ¾ Turn Left 9 'o' Clock
- 43&44 Making ¼ Turn Left Step To Right Step Left By Right Step Right To Right 6 'o' Clock
- 45&46 Travelling To Right Cross Left Over Right, Step Right To Right, Extend Left Heel **(Body Angled To 5'o' Clock)**
- 47&48 Travelling To Right Cross Left Over Right, Step Right To Right, Extend Left Heel **(Body Angled To 5'o' Clock)**

### **TWIST, TWIST, TURN, KICK, COASTER STEP, KICK, KICK**

- 49-50 Twist Heels Left, Twist Heels Right
- 51-52 Making ½ Turn Right Twist Heels Left, Kick Right Foot Forward **(Body Angled To 11 'o' Clock)**
- 53&54 Turning To Face 12'o'Clock Step Back On Right, Step Left By Right, Step Forward On Right 12'o' Clock
- 55-56 Kick Left Foot To Front, Kick Left Foot To Left

### **TURNING ¼ SAILOR TURN, STEP, ½ PIVOT, FULL TURN, FULL TURN**

- 57&58 To Face 9 'o Clock' Step Back On Left, Step Right By Left, Step Forward On Left 9 'o' Clock
- 59-60 Step Forward On Right, ½ Pivot Left 3 'o' Clock
- 61-62 Making ½ Turn Left Stepping Back On Right, Making ½ Turn Left Stepping Forward On Left 3 'o' Clock
- 63-64 Making ½ Turn Left Stepping Back On Right, Making ½ Turn Left Stepping Forward On Left 3 'o' Clock

## **START AGAIN**