

MY HEART IS GRIEVING

Choreo: Antoinette Claassens

Dance: 2 wall line dance

Counts: 64

Intro: 32 counts (from the beat)

Level: Improver

Music: Somebody like you - John v/d Dries



www.country-stafke.be

Vine R, touch, vine L, touch

- 1 – 2 RF step R side – LF cross behind
- 3 – 4 RF step R side – LF touch next
- 5 – 6 LF step L side – RF cross behind
- 7 – 8 LF step L side – RF touch next

Step forward, touch, shuffle back, Step back, touch, shuffle forward

- 1 – 2 RF step fwd – LF touch next
- 3 & 4 LF step back – RF close -
LF step back
- 5 – 6 RF step back – LF touch next
- 7 & 8 LF step fwd – RF close -
LF step fwd

Step, pivot 1/4 L, cross shuffle, Side rock, cross shuffle

- 1 – 2 RF step fwd – RF+LF turn 1/4 L
- 3 & 4 RF cross over – LF step behind -
RF cross over
- 5 – 6 LF rock L side – rock back on RF
- 7 & 8 LF cross over – RF step behind -
LF cross over

Figure of eight (ending 1/4 turn L)

- 1 RF step R side
- 2 LF cross behind
- 3 RF step 1/4 turn R
- 4 LF step fwd
- 5 LF+RF turn 1/2 R (weight on R)
- 6 LF step L side 1/4 turn R
- 7 RF cross behind
- 8 LF step 1/4 turn L

Forward rock step, step back & heel, hold, & close, forward rock step, shuffle 1/2 turn R

- 1 – 2 RF rock fwd – rock back on LF
- & 3 RF step back – touch L heel diag. fwd
- 4 Hold
- & 5 LF close next to RF – RF rock fwd
- 6 rock back on LF
- 7 & 8 RF step back 1/4 R – LF close -
RF step fwd 1/4 R

Step forward, touch, step back & heel, hold, & close, forward rock step, shuffle 1/4 turn R

- 1 – 2 LF step fwd – RF touch next
- & 3 RF step back – touch L heel diag. fwd
- 4 Hold
- & 5 LF close next to RF – RF rock fwd
- 6 rock back on LF
- 7 & 8 RF step back 1/4 R – LF close -
RF step R side

Cross, side, sailorstep, cross, side, Sailorstep 1/4 turn R

- 1 – 2 LF cross over – RF step R side
- 3 & 4 LF cross behind – RF step R out -
LF step L out
- 5 – 6 RF cross over – LF step L side
- 7 & 8 RF cross behind – LF step 1/4 turn R -
RF step R out

Side rock, cross shuffle, side rock, close, Side, touch

- 1 – 2 LF rock L side – rock back on RF
- 3 & 4 LF cross over – RF step behind -
LF cross over
- 5 – 6 RF rock R side – rock back on LF
- & RF close
- 7 – 8 LF step L side – RF touch next
- Begin opnieuw !**

www.country-stafke.be

Tag : In the 2th, 3th and 4th wall after 16 counts:
Sway hips R – L – R – L and restart the dance.