

Patient Heart

Choreographed: Michael Vera - Lobos and Lisa Foord

Counts: 48

Wall: 2

Level: Intermediate

Music: "Patient Heart" by Bekka and Billy

Info: 3 Bridges



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WALK, WALK, SHUFFLE, STEP, 1/4 TURN, CROSS SHUFFLE

- 1 - 2 Step R forward, step L forward
- 3 & 4 Step R forward, step L behind R, step R forward
- 5 - 6 Step L forward, 1/4 turn weight on R
- 7 & 8 Cross L over R, step R on right side, cross L over R

1/4 TURN LEFT, 1/2 TURN LEFT, SHUFFLE FORWARD, STEP, 1/4 TURN+1/8 weight on R, CROSS L OVER R, R LOCK BEHIND L, STEP L IN DIAGONAL FORWARD

- 1 - 2 1/4 turn left step R to right side, 1/2 turn left step L forward
- 3 & 4 Step R forward, step L behind R, step R forward
- 5 - 6 Step L forward, 1/4 turn+ 1/8 right weight on R
- 7 & 8 Cross L over R, lock R behind L, step L forward in diagonal

R LOCK BEHIND L, STEP L IN DIAGONAL, KICK R, 1/8 TURN R KICK BALL CHANGE, SCUFF R, 1/4 TURN RIGHT STEP FORWARD, SCUFF L FORWARD, 1/2 TURN RIGHT STEP L

- & 1 - 2 Lock R behind L, step L in diagonal, kick R
- 3 & 4 1/8 turn right kick R, step R ball next to L, L next to R
- 5 - 6 Scuff R, 1/4 turn right stepping R forward
- 7 - 8 Scuff L, 1/2 turn right weight on L

R SHUFFLE FORWARD, L SHUFFLE FORWARD, SYNCOPATED OUT - OUT, IN -IN, DOUBLE HEEL BOUNCE

- 1 & 2 Step R forward, step L behind R, step R forward
- 3 & 4 Step L forward, step R behind L, step L forward
- & 5 & 6 Jump feet apart R, L, jump feet together R, L
- 7 - 8 Double heel bounce

SCUFF R, TOUCH TOE, HEEL, HEEL, SCUFF L, TOUCH TOE, HEEL,HEEL

- 1 - 2 Scuff R 45° over L, touch R toe 45° over L,
- 3 - 4 Tap R heel, tap R heel (end weight right and body angled at 45° right)
- 5 - 6 Scuff L 45° over R, touch L toe 45° left
- 7 - 8 Tap L heel, tap L heel (end weight left and body angled at 45° left)

RIGHT KICK BALL CHANGE, 1/4 TURN LEFT RIGHT KICK BALL CHANGE, STEP R FORWARD, 1/2 TURN LEFT, STEP R FORWARD, 1/2 TURN LEFT

- 1 & 2 Kick R over L, step R ball next to L, L in place
- 3 & 4 Kick R, 1/4 turn left step R ball, step L in place
- 5 - 6 Step R forward, 1/2 turn left
- 7 - 8 Step R forward, 1/2 turn left

Repeat

BRIDGES : at the end of wall 3, 6 and 8. Add the following steps :

R SIDE STEP, CROSS L BEHIND, R SIDE SHUFFLE, L KICK BALL CHANGE TWICE

- 1 - 2 Step R to right side, step L behind R
- 3 & 4 Step R to right side, step L next to R, step R to right side
- 5 & 6 Kick L over 45° R, step L next to R, R in place
- 7 & 8 Kick L over 45° R, step L next to R, R in place

TRAVELLING FULL TURN LEFT, L SIDE SHUFFLE, R KICK BALL CHANGE TWICE

- 1 - 2 1/4 turn step L, 1/2 turn left stepping R on right side
- 3 & 4 1/2 turn left stepping L on left side, step R next to L, step L on left side
- 5 & 6 R kick over 45° left, step R next to L, step L in place
- 7 & 8 R kick over 45° left, step R next to L, step L in place