

Dear Heart

Choreographer : Beth Anderson & Jess Rankin

Type of dance : 4 Wall

Level : Beginner

Counts : 32

Intro : 16 counts

Music : Dear Heart – by Nate Smith

No Tags – No Restarts



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SECTION 1: STEP, SCUFF, STEP, SCUFF, JAZZ BOX ¼ TURN

- 1-2 Step forward on right, scuff left foot forward
- 3-4 Step forward on left, scuff right foot forward
- 5-6 Cross right foot over left, step left foot back
- 7-8 Step right foot back, turning ¼ turn to right side, step left beside right

SECTION 2: SIDE CHASSE, ROCK BACK, SIDE CHASSE ROCK BACK

- 1&2 Step right to right side, step left together, step right to right side
- 3-4 Rock back on left foot, recover on right
- 5&6 Step left to left side, step right together, step left to left side
- 7-8 Rock back on right foot, recover on left

SECTION 3: K STEP WITH CLAPS

- 1-2 Step forward diagonally on right, touch left together (clap on touch)
- 3-4 Step back on left foot, touch right together (clap on touch)
- 5-6 Step back diagonally on right, touch left together (clap on touch)
- 7-8 Step forward on left foot, touch right together (clap on touch)

SECTION 4: JUMP FORWARD, CLAP, JUMP BACK, CLAP, STEP ½ PIVOT, STOMP, STOMP

- &1-2 Jump forward (right foot then left), clap hands together
- &3-4 Jump backwards (right foot then left), clap hands together
- 5-6 Step forward on right foot, pivot ½ turn over left shoulder
- 7-8 Stop right foot, stomp left foot together

START AGAIN

Contact us at steppinoutldc@gmail.com

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