

# Tell Your Heart To Beat Again



**Count:** 32      **Wall:** 2      **Level:** Intermediate NC

**Choreographer:** Jo Kinser (UK), Jonas Dalhgren (Swe), Michael Barr (USA) Dec 2016

**Music:** Tell Your Heart To Beat Again by Danny Gokey.CD: Hope In Front Of Me / iTunes or Amazon-

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**Lead: 16 cts.**

## **[1-8]Cross Sweep, Cross Step $\frac{1}{4}$ L, Step Back, $\frac{1}{4}$ L, $\frac{1}{4}$ L, $\frac{1}{4}$ Sway, Sway, Step Side, Rock, Return**

- 1 2&      Step R in front of L sweeping your L from back to front; Step L in front of R; Turn  $\frac{1}{4}$  left stepping back on R
- 3 4&      Step L back; Turn  $\frac{1}{4}$  left stepping your R behind your L; Turn  $\frac{1}{4}$  left stepping your L forward
- 5 - 6      Turn  $\frac{1}{4}$  left stepping your R side right into a swaying motion; Sway to your left (weight L)
- 7 8&      Step R side right; Rock back onto your L; Return onto your R (12:00)

## **[9-16]Full Spiral Turn, 2 Steps Forward (diag.) Lunge, Return, Back, Side, Cross, $\frac{1}{4}$ R, $\frac{1}{4}$ R, Cross, Side**

- 1 2&      Step forward on ball of L turning full turn right to left diag. (11 o'clock); Step R forward; Step L forward
- 3 4&      Lunge (rock) forward onto your R (weight over R knee); Step L back; Step R back crossing slightly behind
- 5 6&      Step L side right (open slightly to left diagonal); Step R in front of L; Turn  $\frac{1}{4}$  right stepping back on L
- 7 8&      Turn and sweep L  $\frac{1}{4}$  right stepping R side right; Cross L in front of R; Step R side right (3:00)

## **[17-24]Cross/Sweep, Cross, Side, Back, Rock, Return $\frac{1}{2}$ R, Back, Rock, Return, Full Spiral, Step, Step**

- 1 2&      Cross L in front of R as you sweep your R from back to front; Step R in front of L; Step L side left
- 3 4&      Step R back to face right diagonal (4:30); Rock back on your L; Return onto your R as you pivot  $\frac{1}{2}$  turn right
- 5 6&      Step back onto your L; Rock back onto you R; Return weight to your L
- 7 8&      Step R slightly forward into a full spiral left turn; Small step L forward; Small step R forward (11:00)

## **[25-32] $\frac{1}{2}$ Turn, Rock, Return, Back, Back, Side, Sway Return, Behind, Side**

- 1 2&      Turn  $\frac{1}{2}$  left onto your L; Rock forward on R to left diagonal; Return onto L in place (4:30)
- 3 4&      Step back on your R; Step back on your L; Step R side right (square up and open hips slightly to right)
- 5 - 6      Step L in front of R; Sway R stepping R side right

7 8&                    Return weight to L (pull right hip slightly back on diag. 7:30); Step R behind L; Step L side left (6:00)

### **Begin Again!**

**Tag #1**End of wall 2 there is an 8-count tag (1-8&). It starts on the front wall and ends on the front wall

#### **Cross, Side, Lean/Look Left, Full Turn Right, Serpentine Weave**

1, 2, 3                    Cross R in front of L; Step L side left; Shift upper body to lean left, look left and swing both arms to the left

4 & 5                    Turn  $\frac{1}{4}$  right onto R; Turn  $\frac{1}{2}$  right stepping back on L; Turn  $\frac{1}{4}$  right stepping R side right (12:00)

6 & 7                    Cross L in front of R; Step R side right; Step L behind R as you sweep your R from front to back

8 &                    Step R behind L; Step L side left (&) Begin the dance at this point!

**Tag #2**End of wall 4 there is a 4-count tag (1-4&). It starts on the front wall and ends on the front wall

#### **Serpentine Weave**

1, 2&                    Step R in front of left sweeping your left from back to front; Step L in front of R; Step R side right

3, 4&                    Step L behind R as you sweep your R from front to back; Step R behind L; Step L side left (&) Begin here!

**Ending:** Dance the last 8 & cts. on the back wall. Turn  $\frac{1}{2}$  left stepping R side right facing front on count 1 of the 8&1.

#### **Contacts - Email & Web:-**

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