



TELL IT TO MY HEART (Jan 2017)

Description: 64 Count, 4 Wall, intermediate

Choreographer: Gudrun Schneider und Mathias Pflug

Music: Tell It To My Heart by Filatov & Karas

Intro: 36 count

R POINT FWD, R POINT SIDE, CROSS, L POINT, BEHIND-SIDE, CROSS SHUFFLE

1-2 RF point forward, RF point side

3-4 RF cross, LF point side

5-6 LF step behind RF, RF step side

7&8 LF cross, RF step beside, LF cross

SIDE, ¼ TURN L, SHUFFLE FWD, ½ TURN R, ½ TURN R, SHUFFLE ½ R

1-2 RF step side, LF ¼ left step forward (9:00)

3&4 RF step forward, LF step beside, RF step forward

5-6 LF ½ right step back (3:00), RF ½ right step forward (9:00)

7&8 LF ¼ left step side, RF step beside, LF ¼ left step back (3:00)

BACK ROCK, SIDE-TOUCH, SIDE-TOUCH, KICK-BALL-CROSS

1-2 RF rock back, LF recover

3-4 RF step side, LF touch beside

5-6 LF step side, RF touch beside

7&8 RF kick diagonally, RF step beside, LF cross

SIDE ROCK, SAILOR ¼ R, ROCK STEP, SHUFFLE ½ L

1-2 RF rock side, LF recover

3&4 RF ¼ step back, LF step beside, RF step forward (6:00)

5-6 LF rock forward, RF recover

7&8 LF ¼ left step side, RF step beside, LF ¼ left step forward (12:00)

SIDE-HOLD & CROSS, ¼ TURN R, ¼ TURN R, HOLD & CROSS, SIDE

1-2&3 RF step side, hold, LF step beside RF, RF cross

4 LF ¼ right step back (3:00)

5-6&7 RF ¼ right step side, hold, LF step beside RF, RF cross (6:00)

8 LF step side

ROCK BACK, TOUCH-BALL-STEP, ROCK FWD, TRIPLE FULL TURN R

1-2 RF rock back, LF recover

3&4 RF touch next to left, step on ball of RF, LF step forward

5-6 RF rock forward, LF recover

7&8 Triple full turn right stepping r-l-r (alternative: COASTER STEP) (6:00)

ROCK FWD, ¼ TURN L CHASSÉ, JAZZBOX

1-2 LF rock forward, RF recover

3&4 LF ¼ left step side, RF step beside, LF step side (3:00)

5-6 RF cross, LF step back

7-8 RF step side, LF step forward

STEP ½ TURN 2x L, CROSS ROCK, SIDE ROCK

1-2 RF step forward, R+L ½ turn left (9:00)

3-4 RF step forward, R+L ½ turn left (3:00)

5-6 RF cross, LF recover

7-8 RF rock side, LF recover

RESTARTS

1. On wall 2 - after 32 count – 3:00

2. On wall 5 - after 32 count and TAG– 9:00

TAG - on wall 5

JAZZBOX

1-2 RF cross, LF step back

3-4 RF step side, LF step forward

Have Fun

Gudrun Schneider – www.gudrun-schneider.com - E-Mail: gudrun@gudrun-schneider.com

Mathias Pflug - www.mathias-pflug.de – E-Mail: info@mathias-pflug.de