

Official WCDF competition dance description 2019

Heavy Heart

Linda Sansoucy

Type : 32 Count, Progressive Circle Dance
Level : Partner Pattern Dance & Classic Pattern Partner Dance C
Music : "Heartaches" by The Numbers (132 BPM)
Arms : For the arm connections, please refer to the Original WCDF

Leader + Follower

Starting position:

Facing 12.00

CHASSE, ROCK STEP, X2

1	RF	Step R
&	LF	Step together
2	RF	Step R
3	LF	Step backwards
4	RF	Recover
5	LF	Step L
&	RF	Step together
6	LF	Step L
7	RF	Step backwards
8	LF	Recover

TOUCH, FORWARD, X2, TOUCH,

JAZZ BOX ¼ TURN R

9	RF	Touch R
10	RF	Step forward
11	LF	Touch L
12	LF	Step forward
13	RF	Touch R
14	RF	Cross over R
15	LF	¼ Turn R, step backwards (3.00)
16	RF	Step R

ROCK STEP, CHASSE, ROCK STEP, SHUFFLE ¼ TURN R

17	LF	Cross over
18	RF	Recover weight
19	LF	Step L
&	RF	Step together
20	LF	Step L
21	RF	Cross over
22	LF	Recover weight
23	RF	Step R
&	LF	Step together
24	RF	¼ Turn R, step forward (6.00)

½ STEP TURN R, SHUFFLE STEP, KICK 2X, TOUCH, KICK

25	LF	Step forward
26	RF	½ Turn R, step forward (12.00)
27	LF	Step forward
&	RF	Step together
28	LF	Step forward
29	RF	Kick diagonally L
30	RF	Kick diagonally L
31	RF	Touch R
32	RF	Kick diagonally L

World Country Dance Federation