

Mm Mm Mm

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Liz Atkinson (USA) - July 2023

Music: Straight From The Heart (feat. Nørskov) - Rudimental



#36 count introduction - NO Tags or Restarts

S1: VINE R, LF ROCKING CHAIR

- 1, 2 [1]Step RF to R side, [2]step LF behind RF
- 3, 4 [3]Step RF to R side, [4]touch LF beside RF
- 5, 6 [5]Rock LF fwd, [6]recover RF
- 7, 8 [7]Rock LF back, [8]recover RF (12:00)

S2: VINE L, RF ROCKING CHAIR

- 1, 2 [1]Step LF to L side, [2]step RF behind LF
- 3, 4 [3] Step LF to L side, [4]touch RF beside LF
- 5, 6 [5]Rock RF fwd, [6]recover LF
- 7, 8 [7]Rock RF back, [8] recover LF (12:00)

S3: R STEP, TOUCH, POINT OUT, TOUCH IN, L STEP, TOUCH, POINT OUT, TOUCH IN

- 1, 2 [1]Step RF to fwd-R diagonal, [2]touch LF beside RF
- 3, 4 [3]Point LF out to L side, [4] touch LF beside RF
- 5, 6 [5]Step LF to fwd-L diagonal, [6]touch RF beside LF
- 7, 8 [7]Point RF out to R side, [8] touch RF beside LF (12:00)

S4: BACK, TOUCH, BACK, TOUCH, BACK, TOUCH, 1/4L, TOUCH

- 1, 2 [1]Step RF back, [2]touch LF beside RF
- 3, 4 [3]Step LF back, [4]touch RF beside LF
- 5, 6 [5]Step RF back, [6]touch LF beside RF
- 7, 8 [7]1/4L stepping LF to L side (9:00), [8]touch RF beside LF (9:00)

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