

Hanging Up My Heart

Count: 32 **Wall:** 4 **Level:** Absolute Beginner

Choreographer: Martie Papendorf. South Africa. (Feb 2013)

Music: Hanging Up My Heart - Emmylou Harris & Rodney Crowell. [2.52 - 140 bpm]

FREE Download of track on fb:

Download "Hanging Up My Heart" (Right-click and "Save Link As")

<http://www.npr.org/2013/01/22/168825342/heavy-rotation-5-songs-public-radio-cant-stop-playing>

No tags - No restarts

Intro. : 16 counts [+/- 8 sec.], Start on vocals

S1: Side, Touch, Side, Touch, Side, Together, Fwd, Touch

1,2,3,4 Step R to right side, Touch L next to R, Step L to left side, Touch R next to L,
5,6,7,8 Step R to right side, Step L next to R, Step R fwd, Touch L next to R

S2: Side, Touch, Side, Touch, Chasse ¼ left, Touch

1,2,3,4 Step L to left side, Touch R next to L, Step R to right side, Touch L next to R,
5,6,7,8 Step L to left side, Step R next to L Step L fwd making ¼ a turn left, Touch R next to L
[9.00]

S3: Rock, Hold, Recover, Hold, Behind, Side, Cross, Hold

1,2,3,4 Rock R to right side, Hold, Recover L to left side, Hold,
5,6,7,8 Cross R behind L, Step L to left side, Step R across L, Hold

S4: Rock, Hold, Recover, Hold, Sailor step, Hitch

1,2,3,4 Rock L to left side, Hold, Recover R to right side, Hold,
5,6,7,8 Sweep out and step L behind R, Rock R to right side, Recover L to left side, Hitch R
next to L

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