



Hands On My Heart (Partner)

Choreographed by Vivienne Scott

Description: 64 count, intermediate partner/circle dance

Musik: Don't Take Your Hands Off My Heart by Dawn Sears

Position: Sweetheart position, same footwork unless otherwise indicated

Start dancing on lyrics

CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, SIDE SHUFFLE

1-2 Cross/rock right over, recover to left

3&4 Shuffle to the right stepping right-left-right

5-6 Cross/rock left over, recover to right

7&8 Shuffle to left side stepping left-right-left

ROCK FORWARD, RECOVER, ¼ TURN SHUFFLE, WEAVE

1-2 Rock right forward, recover to left

Man behind lady

3&4 Turn ¼ right and shuffle to right side stepping right-left-right

5-8 Cross left over, step right side, cross left behind, step right side

CROSS ROCK, RECOVER, ¼ TURN SHUFFLE, LADY: ½ TURN TWICE / MAN:

ROCKING CHAIR

1-2 Cross/rock left over, recover to right

3&4 Turn ¼ left and shuffle forward stepping left-right-left

Drop right hands

5-6 LADY: Step right forward, turn ½ left

MAN: Rock right forward, recover to left

7-8 LADY: Step right forward, turn ½ left

MAN: Rock right back, recover to left



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**SHUFFLE FORWARD, LADY: ½ TURN TWICE / MAN: ROCKING CHAIR,
SHUFFLE
FORWARD**

1&2 Chassé forward right-left-right

Drop left hands

3-4 LADY: Step left forward, turn ½ right

MAN: Rock left forward, recover to right

5-6 LADY: Step left forward, turn ½

**right MAN: Rock left back, recover to
right**

7&8 Chassé forward left-right-left

**PIVOT ½ TURN, SHUFFLE FORWARD, PIVOT ½ TURN, SHUFFLE
FORWARD**

Drop right hands

1-2 Step right forward, turn ½ left (weight to left)

3&4 Chassé forward right-left-right

Drop left hands

5-6 Step left forward, turn ½ right (weight to right)

7&8 Chassé forward left-right-left

ROCKS FORWARD, SIDE, BACK, SWAYS

1-4 Rock right forward, recover to left, rock right side, recover to left

5-8 Rock right back, recover to left, step right side & sway right, sway left



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**STEP, HOLD, ROCK BACK, RECOVER, LADY: 2 COUNT FULL TURN /
MAN: WALK**

FORWARD, SHUFFLE FORWARD

1-2 Step right side, hold

**3-4 Rock left back, recover to right
Drop right hands**

5-6 Man: step left forward, step right forward

LADY: Turn ½ right & step left back, turn ½ right and step right forward

7&8 Chassé forward left-right-left

**RIGHT DIAGONAL LOCK FORWARD, BRUSH, LEFT DIAGONAL LOCK
FORWARD, BRUSH**

**1-4 Step right diagonally forward, lock left behind, step right
diagonally forward, brush left forward**

**5-8 Step left diagonally forward, lock right behind, step left
diagonally forward, brush right forward**

REPEAT