



☆☆ TAKE MY HEART ☆☆



Choreographer : Marianne Langagne (Fr) (07.10.2025)

Walls : 4 walls

Counts : 32 Counts – No Tag – No Restart

Level : **Easy** Improver

Music : Take This Heart – Rea Garvey (108 Bpm)

Intro : 8 + 32 Counts (after lyrics)

S1 ¼ TURN R, ½ TURN R, ¼ TURN - SIDE SHUFFLE, CROSS ROCK, ¼ TURN L - SHUFFLE FWD

1-2 ¼ Turn R – RF Fwd (3.00) , ½ Turn R – LF Back (9.00)

3&4 ¼ Turn R – RF to the R, Together, RF to the R (12.00)

5-6 Cross LF Over RF, Recover on RF

7&8 ¼ Turn L – LF Fwd, Together, LF Fwd (9.00)

S2 HEEL SWITCHES & TOUCH BEHIND & HEEL , ROCK STEP , BACK FULL TURN *

1&2 R Heel Fwd, Together, L Heel Fwd

& 3 Together, Tape R Toe behind LF

&4 Together, L Heel Fwd

& Together

5-6 RF Fwd, Recover on LF

7-8 ½ Turn R – RF Fwd, ½ Turn R – LF Back (9.00)

***Option : RF Back – LF Back**

S3 BACK STEP LOCK STEP X 2 , COASTER STEP , KICK BALL STEP

1&2 RF Back, Cross LF Over RF, RF Back

3&4 LF Back, Cross RF Over LF, LF Back

5&6 RF Back, Together, RF Fwd

7&8 Kick LF Fwd, LF next to RF, RF Fwd

S4 ROCK STEP & HEEL , CLAP X2 , ROCK STEP & STEP , STOMP

1-2 LF Fwd, Recover on RF

&3 LF Back, R Heel Fwd

&4 Tape Hands Twice

& Together

5-6 LF Fwd, Recover on RF

& Together

7-8 RF Fwd, Stomp LF next to RF (Weight on LF)

Final : *The dance ends Count 14 (Rock Step), continue with 1/2Turn R – RF Fwd (12.00), Touch LF Behind RF*

Dance & Have Fun !!!!