

Second Hand Heart

64 count, 4 wall, intermediate level

Choreographer: Maggie Gallagher (UK), October 2015

Choreographed to: "Second Hand Heart" by Ben Haenow ft. Kelly Clarkson, Intro: 8 counts

Section 1 Touch Ball Cross, Side, 1/4 L Sailor, Walk R, 1/2 R, 1/2 R Shuffle

- 1&2, 3 Touch right next to left, Step on ball of right, Cross left over right, Step right to right side
- 4&5 Cross left behind right, 1/4 left stepping right to right side, Step forward on left (9:00)
- 6-7 Walk forward right, 1/2 right stepping back on left (3:00)
- 8&1 1/4 right stepping right to right side, Step left next to right, 1/4 right stepping forward on right (9:00)

Section 2 Rock fwd, 1/2 L Shuffle, 1/4 L Side, L Sailor

- 2-3 Rock forward on left, Recover on right
- 4&5 1/4 left stepping left to left side, Step right next to left, 1/4 left stepping forward on left (3:00)
- 6 1/4 left taking big step on right to right side (12:00)
- 7&8 Cross left behind right, Step right to right side, Step left to left side **Restart Wall 2*

Section 3 Cross Rock, Triple Full Turn, Rock fwd, Jump Back L+R, Walk Back

- 1-2 Slightly cross rock right over left, Recover on left
- 3&4 Triple full turn right stepping right left right
- 5-6 Rock forward on left, Recover on right
- &7-8 Jump back and out on left, Jump back and out on right, Walk back on left

Section 4 Rock Back, R Kick Ball Change, R+L Dorothy

- 1-2 Rock back on right, Recover on left
- 3&4 Kick right forward, Step right next to left, Step left next to right
- 5-6& Step forward right, Lock left behind right, Step forward right
- 7-8& Step forward left, Lock right behind left, Step forward left

Section 5 Side Rock & Side Rock, Cross, 1/4 L, 1/2 L Shuffle

- 1-2 Rock right to right side, Recover on left
- &3-4 Step right next to left, Rock left to left side, Recover on right
- 5-6 Cross left over right, 1/4 left stepping back on right (9:00)
- 7&8 1/4 left stepping left to left side, Step right next to left, 1/4 left stepping forward on left (3:00)

Section 6 Walk R+L, Anchor Step, Back L+R, L Coaster

- 1-2 Walk forward right, Walk forward left
- 3&4 Lock right behind left, Step weight onto left, Step slightly back on right
- 5-6 Walk back left, Walk back right
- 7&8 Step back on left, Step right next to left, Step forward on left

Section 7 Rock fwd & Touch, Up, Down & Rock fwd & Point L+R

- 1-2 Rock forward on right, Recover on left
- &3&4 Step back on right, Touch left toe forward, Bump hips up, Bump hips down (weight on right)
- &5-6 Step left next to right, Rock forward on right, Recover on left
- &7&8 Step right next to left, Point left to left side, Step left next to right, Point right to right side

Section 8 R Sailor, Behind-Side-Cross, Jump Out R+L, Walk Back, L Coaster

- 1&2 Cross right behind left, Step left to left side, Step right to right side
- 3&4 Cross left behind right, Step right to right side, Cross left over right
- &5-6 On slight right diagonal jump out right, Jump out left, Walk back right
- 7&8 Straightening up step back on left, Step right next to left, Step forward on left (3:00)

Restart: *Wall 2 after 16 counts (3:00)*

Ending *The dance finishes on S8 counts 1&2, replace these counts with a sailor 1/4 right to finish at 12:00*

Quelle:

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