

Heart Of The Ocean

Choreographed by Peter & Alison, TheDanceFactoryUK, May 2009

Tel: 01727 853041 Website: www.thedancefactoryuk.co.uk

4 wall 32 count line dance with 48 count tag – intermediate level

Music: Mamacita – Mark Medlock (start after 28 count, does not include the crickets) - From the CD single – 127bpm

Thanks to Kelvin for bringing the song to our attention without whom the dance would not have come to fruition ☺

-
- 1-8 R fwd, L side point, L together, ½ R monterey turn, L side rock & recover, L together, R side rock & recover**
- 1-2& Step R fwd, point L toes to left side, step L together
3-4 Point R toes to R side, turning ½ right step R together (6 o'clock)
5-6& Rock L side, recover weight on R, step L together
7-8 Rock R side, recover weight on L
- 9-16 R sailor, L sailor, R fwd, ½ L pivot turn, L forward full turning shuffle**
- 1&2 Cross step R behind L, step L side, step R side
3&4 Cross step L behind R, step R side, step L side (12 o'clock)
5-6 Step R forward, pivot ½ left
7&8 Turning ½ left forward & step R back, turning ½ left forward & step L forward, step R forward
Non-turning option 7&8: R fwd shuffle
- 17-24 L fwd rock & recover, step L together, R fwd rock & recover, step R together, step L fwd, ¼ R pivot turn, L cross shuffle**
- 1-2& Rock L forward, recover weight on R, step L together
3-4& Rock R forward, recover weight on L, step R together (3 o'clock)
5-6 Step L forward, pivot ¼ right
7&8 Cross step L over R, step R to R side, cross step L over R
- 25-32 ½ L hinge turn stepping fwd on 2nd step, R & L reverse sailors travelling forward, R fwd, ½ L pivot turn**
- 1-2 Turning ¼ left step R back, turning ¼ left step L forward (9 o'clock)
3&4 Cross step R over L, rock L side, recover weight on R (*travelling forward*)
NB Last time through you will end here just add a step forward on the LEFT and strike a pose!
5&6 Cross step L over R, rock R side, recover weight on L (*travelling forward*)
7-8 Step R forward, pivot ½ left (3 o'clock)
- After every 4 walls dance the following 48 count tag .. LOL! These 48 counts always bring you back to your 12 o'clock wall*
- 1-8 R & L reverse sailors travelling forward, R fwd, ½ L pivot turn, 2 count full turn fwd turning left**
- 1&2 Cross step R over L, rock L side, recover weight on R (*travelling forward*)
3&4 Cross step L over R, rock R side, recover weight on L (*travelling forward*) (6 o'clock)
5-6 Step R forward, pivot ½ left
7-8 Turning ½ left forward step R back, turning ½ left forward step L forward
Non-turning option 7-8: walk forward R, L
- 9-16 R fwd rock & recover, R coaster cross, L side rock & recover, L behind-side-cross**
- 1-2 Rock R forward, recover weight on L
3&4 Step R back, step L together, cross step R over L
5-6 Rock L side, recover weight on R
7&8 Cross step L behind R, step R side, cross step L over R
- 17-24 R side rock & recover, R behind-side-cross, ½ R hinge turn, L cross shuffle**
- 1-2 Rock R side, recover weight on L
3&4 Cross step R behind L, step L side, cross step R over L (12 o'clock)
5-6 Turning ¼ right step L back, turning ¼ right step R side
7&8 Cross step L over R, step R side, cross step L over R
- 25-32 R side rock & recover, R behind-side-cross, L side, R behind-side-cross, L side**
- 1-2 Rock R side, recover weight on L
3&4 Cross step R behind L, step L side, cross step R over L
5 Step L side
6&7 Cross step R behind L, step L side, cross step R over L
8 Step L side
- 33-40 R cross rock & recover, R ball cross, R side, ¼ L & L side, ¼ L & R side (think of this as box turn), L sailor step**
- 1-2& Cross rock R over L, recover weight on L, step R back
3-4 Cross step L over R, step R side (6 o'clock)
5-6 Turning ¼ left step L side, turning ¼ left step R side
7&8 Cross step L behind R, step R side, step L side
- 41-48 Repeat counts 33-40 to return to front wall (12 o'clock) and begin dance again**
- 1-8 Repeat counts 33-40 (12 o'clock)