

A Tenderheart



Choreography: Séverine Fillion (FR) - January 2025

Count's: 48 Counts, 2 Wall / Intermediate

Music: Tenderheart - Sam Outlaw

Information: **2 Restarts, 1 Break / Restart

Intro : 32 counts

SIDE, BACK MAMBO, TRIPLE ROCK FWD, BALL LARGE STEP BACK & SWEEP, BEHIND, SIDE

- 1 Large right step to the right
- 2&3 Rock slightly back on left, recover on right, left step fwd
- 4& Right fwd, left next to right
- 5,6 Rock step right fwd, recover on left
- &7 Right back next to left, left step back (with right Sweep backwards)
- 8& Right cross behind left, left to left

CROSS ROCK (R & L), & 1/4 TURN L & SIDE, ROCK BACK, SIDE, BEHIND, 1/4 TURN L

- 1,2 Cross Rock right over left, recover on left
- & Right to right
- 3,4 Cross Rock left over right, recover on right
- & Left to left
- 5,6& 1/4 turn left & large right step to right side, Rock back on left, recover on right 9:00
- 7,8& Left to left, right cross behind left, 1/4 turn left stepping left fwd (&) 6 :00

**** Musical BREAK here**

FWD, STEP 1/2 TURN R STEP, TRIPLE FULL TURN L, SIDE ROCK (with Sway)

- 1-4 Right step fwd, left fwd 1/2 turn right, left step fwd 12 :00
- 5& 6Triple step right – left – right fwd with full turn left
- 7,8 Rock left to left side & hip sway to the left, recover on right & hip sway to the right

DIAMOND with 1/2 TURN LEFT, COASTER STEP

- 1&2 Left cross over right, right to right, left step back 1/8 turning left 10 :30
- 3&4 Right step back, 1/8 turn left setpping left to left, 1/8 turn left stepping right fwd 7:30
- 5&6 Left step fwd, 1/8 turn left stepping right to right, left step back 6 :00
- 7&8 Right step back, left next to right, right fwd

BALL ROCKING CHAIR, & 1/2 TURN L, BACK ROCK, & 1/2 TURN R, BACK ROCK

- &1-4 Left next to right (&), Rock step right fwd, recover, Rock back on right, recover
- &5,6 Turn 1/2 left stepping right back (&), Rock back on left, recover on right 12 :00
- &7,8 Turn 1/2 right stepping left back (&), Rock back on right, recover on left 6 :00

** RESTARTS here at 12 :00 on walls 2 and 4

DOROTHY STEPS (R & L), STEP 1/2 TURN L, PIVOT 1/2 TURN L & TOGETHER, BODY ROLL

1,2& Right step diagonally right fwd, left cross behind right, right diagonally right fwd

3,4& Left step diagonally left fwd, right cross behind left, left diagonally left fwd

5-7 Right step fwd, Turn 1/2 left, pivot 1/2 turn left stepping right next to left 6 :00

8 Body roll with knee bend (Freestyle !!)

BREAK :

On wall 6 after 16 counts, musical break during 6 counts (at 12 :00), continue the dance without stoping with counts 17-22, then RESTART the dance on count 18 (Step 1/2 tour step)