

My Second Hand Heart

4 Wall, 32 Counts, Improver

Choreographer: Stephen Gell – March 2016

Music: Second Hand Heart by Ben Haenow feat. Kelly Clarkson (Total Track Length 3:59) 120 bpm Available On iTunes And Amazon UK

Intro: 8 Count Intro. Restarts Wall 3: Wall 3 Starts Facing 6.00 Dance 16 Counts And Restart From The Beginning Of The Dance Facing 12.00.

Left Diagonal Shuffle, Right Diagonal Shuffle, Rock, Recover, Left Coaster Step

1 – 3 Step forward left, Lock right behind left, Step forward left

4 & 5 Step forward right, Lock left behind right, Step forward right

6 – 7 Rock forward left, Recover right

8 & 1 Step back left, Step right next to left, Step forward left (12.00)

Step Pivot Step, Step Forward, Touch Back, Step Pivot Step

2 & 3 Step forward right forward, Make ½ turn left, Step forward right

4 & 5 Step forward left, Touch right toe back, Make ½ turn right on right foot (12.00)

6 – 8 Step left forward, Make ½ right, Step forward left (6.00)

Restarts Wall 3: Wall 3 Starts Facing 6.00 Dance 16 Counts And Restart From The Beginning Of The Dance Facing 12.00

Side Shuffle, Rock, Recover, Left Kick & Cross, ¼ Shuffle Right

1 & 2 Step right to right side, Step left next right, Step right to right side

3 – 4 Rock back on left, Recover on right

5 & 6 Kick left to left diagonal, Step left in place, Cross right over left

7 & 8 Make ¼ Shuffle Right – Stepping left, right, left (9.00)

Rock, Recover, Right Kick Ball Change, Full Turn Traveling Forward Turning Left, Sway Right, Left, Right

1 – 2 Rock back on right, Recover on left

3 & 4 Kick right foot forward, Step right next to left, Step left in place

5 – 6 Make ½ turn left stepping back on right, Make ½ turn left stepping forward on left

Option: 5 – 6 Walk right, Walk left

7 & 8 Sway Right, Left, Right (weight on right foot 9.00)