

THE J.L. STOMPERS'

Line Dance Steps



Patient Heart

TYPE: 2 Wall Line Dance
DIFFICULTY: Intermediate
COUNT: 48
CHOREOGRAPHER: Michael Vera-Lobas & Lisa Ford. (Aus)

Music Suggestions

'Patient Heart' by **Bekka & Billy**
'Heart Is Right' by **Carlene Carter**

Face front, weight on Left foot.

WALK, WALK, RIGHT SHUFFLE, STEP, ¼ PIVOT TURN RIGHT, CROSS SHUFFLE

1 - 2 Step forward on Right foot. Step forward on Left foot.
3 & 4 Right shuffle forward stepping - Right, Left, Right.
5 - 6 Step forward on Left foot. ¼ Pivot turn Right stepping on Right foot.
7 & 8 Step Left foot across over Right. Step Right foot beside Left.
8 Step Left foot across over Right.

¾ TURN LEFT, RIGHT SHUFFLE, STEP, ¼ PIVOT RIGHT, LEFT LOCK STEP

1 On ball of Left foot make ¼ turn Left, stepping back on Right foot.
2 On ball of Right foot make ½ turn Left stepping forward on Left foot.
3 & 4 Right shuffle forward stepping - Right, Left, Right
5 - 6 Step forward on Left foot. ¼ turn Pivot Right stepping on Right foot.
Note: *Steps 15 - 17 are performed with body angled Right.*
7 Step forward diagonally on Left foot.
& 8 Lock Right foot behind Left. Step forward diagonally over Right foot.

LOCK STEP, KICK, KICK BALL CHANGE ¼ TURN, SCUFF, ¼ TURN, SCUFF, ½ TURN

& 1 Lock Right foot behind Left. Step forward diagonally on Left foot.
2 - 3 Kick Right foot forward twice diagonally over Left.
& 4 Step Right foot beside Left completing ¼ turn Right. Step Left foot beside Right.
5 - 6 Scuff Right foot forward. Step Right on Right foot with ¼ turn Right.
7 Scuff Left foot forward, making ½ turn Right on ball of Right.
8 Step back on Left foot.

RIGHT SHUFFLE, LEFT SHUFFLE, JUMPS OUT AND IN, HEEL BOUNCES

1 & 2 Right shuffle forward stepping - Right, Left, Right.
3 & 4 Left shuffle forward stepping - Left, Right, Left.
& 5 Jump feet apart travelling forward stepping - Right, Left.
& 6 Jump feet together travelling forward stepping - Right, Left.
7 - 8 Bounce on both heels twice.

/MORE OVER→

THE J.L. STOMPERS'

Line Dance Steps



Patient Heart (Cont.)

RIGHT & LEFT SCUFFS WITH TOE TOUCH & HEEL TAPS ANGLING BODY

- 1 Scuff Right foot forward across Left, body angled to Left.
- 2 Turn to face Right diagonally stepping Right toe to floor.
- 3 - 4 Tap Right heel twice, taking weight on second heel tap.
- 5 Scuff Left foot forward across Right, body angled to Right.
- 6 Turn to face Left diagonally stepping Left toe to floor.
- 7 - 8 Tap Left heel twice, taking weight on second heel tap.

KICK BALL ¼ TURN LEFT, KICK BALL CHANGE, STEP ½ PIVOT LEFT X 2

Note: Steps 41 & 44 facing Right diagonal.

- 1 & Kick Right foot forward. Step Right foot beside Left.
- 2 Step Left foot beside Right turning ¼ turn Left.
- 3 & 4 Kick Right foot forward. Step Right foot beside Left. Step Left beside Right.
- 5 - 6 Step forward on Right foot. ½ Pivot turn Left stepping on Left foot.
- 7 - 8 Step forward on Right foot. ½ Pivot turn Left stepping on Left foot.

REPEAT

TAG


THIS DANCE CONTAINS A 16 COUNT TAG WHEN USING 'PATIENT HEART' MUSIC TO BE DANCED ON FOLLOWING WALLS 3, 6 & 8 AS BELOW:

SIDE BEHIND, SIDE CHASSE, LEFT KICK BALL CHANGE X 2

- 1 - 2 Step Right foot to Right side. Cross Left foot behind Right.
- 3 & Step Right foot to Right side. Close Left foot beside Right.
- 4 Step Right foot to Right side.
- 5 & Kick Left foot across over Right. Step Left foot beside Right.
- 6 Step Right foot beside Left.
- 7 & Kick Left foot across over Right. Step Left foot beside Right.
- 8 Step Right foot beside Left.

FULL ROLLING TURN LEFT INTO LEFT CHASSE, KICK BALL CHANGE X 2

- 1 Step Left on Left foot with ¼ turn Left.
- 2 On ball of Left foot make ½ turn Left stepping back on Right foot.
- 3 On ball of Right foot make ¼ turn Left stepping Left foot to Left side.
- & 4 Close Right foot beside Left. Step Left foot to Left side.
- 5 & Kick Right foot across over Left. Step Left foot beside Right.
- 6 Step Right foot beside Left.
- 7 & Kick Right foot across over Left. Step Left foot beside Right.
- 8 Step Right foot beside Left.



LINE DANCE CLASS
WITH
"THE J.L. STOMPERS"
Come and Join
The FUN Class!

Place: St. Edmund Campion School Hall
Altwood Road, Maidenhead

Time: Every Monday from 7.15 to 9.45 p.m.

H First half hour especially for Beginners H

Price: £5.00 per session

Info: Jennifer on 01628 635305