The Heart

Intermediate

Music: Needtobreathe, Rivers In the Wasteland **3:44**
Choreo: Hendrik Lanatowitz, Clogging@Lanatowitz.eu **103 BPM**
taught at 21st Weser-Ems & Friends, 2015-04-12, Cloppenburg

Sequence: **A B C A* D E F B E C Ending**

Wait 4 beats

Part A: (60 beats)

Mountain Basic

STO	DT	UP/H	DS	RS
L	R	R L	R	LR
1	&	2	&3	&4

Double Basic

DS	DS	RS
L	R	LR
&1	&2	&3

Repeat all above as written

Cowboy

DS	DS	DS	BR	UP/H	DS(xif)	RS	RS	RS	**move fwd**	**on beat 1-3,**
L	R	L	R	R L	R	LR	LR	LR	**turn 1/2 L**	**on beat &4**
&1	&2	&3	&	4	&5	&6	&7	&8	**move fwd**	**on beat 6-8**

2 Push Off **L & R** — **move L / R**

DS	RS	RS	RS
L	RL	RL	RL
&1	&2	&3	&4

Repeat all above (the whole part) as written to face front again.

Part B: (32 beats)

Toe-Heel Vine — **move L**

T	H	T(xif)	H(xif)	T(ots)	H(ots)	RS
L	L	R	R	L	L	RL
&	1	&	2	&	3	&4

Karate Rock

DS	KK	(1/2 R)	H	RS	KK	UP/H
R	L		R	LR	L	L R
&1	&		2	&3	&	4

2 Outhouse **L & R**

DS	TCH(ots)	H	TCH(xif)	H	TCH(ots)	H
L	R	L	R	L	R	L
&1	&	2	&	3	&	4

Repeat all above as written to face front again.

Part C: (32 beats)

Drag Step & Loop

DS	DR	S(xif)	DS	SL/LOOP	S(xib)
L	L	R	L	L R	R
&1	&	2	&3	&	4

Rocking Chair

DS	BR	UP/H	DS	RS
L	R	R L	R	LR
&1	&	2	&3	&4

Fanny

DS	SK	UP/H	STA	STO	SK	UP/H
L	R	R L	R	R	L	L R
&1	&	2	&	3	&	4

Hard Step

DT(b)	H	BR	UP/H	DS	RS
L	R	L	L R	L	RL
&	1	&	2	&3	&4

Repeat all above (opposite footwork & direction).

Sequence: **A B C A* D E F B E C Ending**

Part A*: (30 beats)

Dance half Part A (without repetition). Do not turn the Cowboy.

Part D: (32 beats)

Slur Vine	DS	SLR	S(xib)	DS	DS(xif)	DS	SLR	S(xib)	DS	RS		
	L	R	R	L	R	L	R	R	L	RL		
	&1	&	2	&3	&4	&5	&	6	&7	&8		
Push Turn	DS	RS	RS	RS								**turn 1/2 R**
	R	LR	LR	LR								
	&1	&2	&3	&4								
2 Basic	DS	RS										
L & R	L	RL										
	&1	&2										

Repeat all above to face front again.

Part E: (32 beats)

Slipping Vine	DS	SL	S(xib)	DS	DS(xif)	DS	SL	S(xib)	DS	RS
	L	L	R	L	R	L	L	R	L	RL
	&1	&	2	&3	&4	&5	&	6	&7	&8
2 Rocking Chair	DS	BR	UP/H	DS	RS					
	R	L	L R	L	RL					
	&1	&	2	&3	&4					

Repeat all above (opposite footwork & direction).

Part F: (32 beats)

McNamara	H(ots)	BA	BA(xib)	BA(ots)	H(ots)	BA	S(xib)					
	L	L	R	L	R	R	L					
	1	&	2	&	3	&	4					
Grandpa	DS	TCH(if)	H	TCH(ots)	H	TCH(ib)	H					
	R	L	R	L	R	L	R					
	&1	&	2	&	3	&	4					
Triple Kick	DS	DS	DS	KK	UP/H							**move fwd**
	L	R	L	R	R L							
	&1	&2	&3	&	4							
2 Basic	DS	RS										**move back**
R & L	R	LR										

Repeat all above (opposite footwork & direction).

Ending: (26 beats)

Slipping Vine	DS	SL	S(xib)	DS	DS(xif)	DS	SL	S(xib)	DS	RS
	L	L	R	L	R	L	L	R	L	RL
2 Rocking Chair	DS	BR	UP/H	DS	RS					
	R	L	L R	L	RL					
Slipping Vine	DS	SL	S(xib)	DS	DS(xif)	DS	SL	S(xib)	DS	RS
	L	L	R	L	R	L	L	R	L	RL
DS and (quick)STO	DS	STO								
	L	R								
	&1	&								