

Heart Of The Ocean

32 Count, 4 Wall, Intermediate

Choreographer: Peter & Alison (May 2009)

Choreographed to: Mamacita by Mark Medlock

CD Single (127bpm)

Start after 28 count, does not include the crickets

(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
5-6 Step R forward, pivot ½ left (12 o'clock)
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
5-6 Step L forward, pivot ¼ right (3 o'clock)
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. 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)
5-6 Step R forward, pivot ½ left (6 o'clock)
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
5-6 Turning ¼ right step L back, turning ¼ right step R side (12 o'clock)
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
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3-4 Cross step L over R, step R side
5-6 Turning $\frac{1}{4}$ left step L side, turning $\frac{1}{4}$ left step R side (6 o'clock)
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)

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

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA
Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678