



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **Heave Away**
Type: 32 Count, 4 Wall, Absolute Beginner
Choreographer: Rob Fowler (ES), September 2022
Choreographed to: Heave Away by The Fables (136 bpm, 2:43 min)

Intro: Start after count 8, from first guitar chord

Section 1 Walk x 3, Kick, Walk Back x 3, Touch

1-4 Walk forward stepping right, left, right. Kick left forward Walk, walk, walk, kick
5-8* Walk back stepping left, right, left. Touch right beside left Back, back, back, touch

Section 2 Right Shuffle, Brush, Left Shuffle, Touch

1,2 On diagonal (1:30) - Step right forward. Step left beside right Step, close
3,4 Step right forward. Brush left (12:00) Step, brush
5,6 On diagonal (10:30) - Step left forward. Step right beside left Step, close
7,8 Step left forward. Touch right beside left (12:00) Step, touch

Section 3 Back Touch, Back, Close, Twist x 4

1,2 Step right back on diagonal (4:30). Touch left beside right Back, touch
3,4 Step left back on diagonal (7:30). Step right beside left Back, close
5-8 Twist heels right. Twist heels left. Twist heels right. Twist heels to centre Twist, twist, twist, twist

Section 4 Side Touch x 2, Walk 3/4 x 4

1,2 Step right to right side. Touch left beside right Side, touch
3,4 Step left to left side. Touch right beside left Side, touch
5-8 Walk forward stepping right, left, right, left making 3/4 turn right (9:00) Walk, walk, walk, walk
Non-turning steps 5-8: Walk 1/4 x 4
5-8 Walk forward stepping right, left, right, left making 1/4 turn left (9:00) Walk, walk, walk, walk

Restart * Wall 3 (6:00) after 8 Counts (restart facing 6:00)
