



Dance: **My Heart Knows**  
Type: 32 Count, 4 Wall, Absolute Beginner  
Choreographer: Heather Barton (SCO), March 2024  
Choreographed to: My Heart Won't Let You Leave My Mind by Jake Mathews (138 bpm, 2:52 min)

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Intro: Start on the word "Heart"

**Section 1 Chasse Right, Back Rock, Side Touch x 2**

1&2	Step right to right side. Step left beside right. Step right to right side	Right chasse
3,4	Rock back on left. Recover on right	Back rock
5,6	Step left to left side. Touch right over left	Side, touch
7,8	Step right to right side. Touch left over right	Side, touch

**Section 2 Chasse Left, Back Rock, Toe Strut x 2**

1&2	Step left to left side. Step right beside left. Step left to left side	Left chasse
3,4	Rock back on right. Recover on left	Back rock
5,6	Step right toe forward. Lower right heel	Toe strut
7,8	Step left toe forward. Lower left heel	Toe strut

**Section 3 Rocking Chair, Jazz Box 1/4 Step**

1-4	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
5-8*	Cross right over left. Step left back. Step right 1/4 turn right (3:00). Step left forward	Cross, back turn, step

**Section 4 Charleston, Modified Charleston**

1-4	Step right forward. Kick left forward. Step left beside right. Point right back	Step, kick, close, point
5-8	Step right forward. Kick left forward. Step left beside right. Touch right beside left	Step, kick, close, touch

**Restart \* Wall 7 (6:00) after 24 Counts (restart facing 9:00)**

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