



Step-In-Time Line Dancing

HEREFORDSHIRE

Dance: **My Heart My Home**

Type: 32 Count, 4 Wall, Low Improver

Choreographer: Heather Barton (SCO) & Alexis Strong (UK), April 2025

Choreographed to: More Than A Feeling by Declan J Donovan (120 bpm, 2:44 min)

Intro: Start after count 8, on the word "Heart"

Section 1 Forward Rock Switch, Back Shuffle, Back Rock

1,2&	Rock forward on right. Recover on left. Step right beside left	Forward rock, &
3,4	Rock forward on left. Recover on right	Forward rock
5&6	Step left back. Step right beside left. Step left back	Back shuffle
7,8	Rock back on right. Recover on left	Back rock

Section 2 Cross Point, Weave Right, Side Rock, Chasse Right

1,2	Cross right over left. Point left to left side	Cross, point
3&4	Cross left behind right. Step right to right side. Cross left over right	Behind, side, cross
5,6	Rock to side on right. Recover on left flicking right back	Side rock
7&8	Step right to right side. Step left beside right. Step right to right side	Right chasse

Section 3 Cross, Side, Modified Sailor 1/4, Cross Rock, Close, Cross, 1/4 Turn

1,2	Cross left over right. Step right to right side	Cross, side
3&4	Turn 1/4 left crossing left behind right (9:00). Step right to right side. Step left forward	Sailor turn
5,6&	Cross rock right over left. Recover on left. Step right beside left	Cross rock, &
7,8	Cross left over right. Turn 1/4 left stepping right back (6:00)	Cross, turn
	<i>Non-turning step 8: 1/4 Turn</i>	
8	<i>Step right 1/4 turn right (12:00)</i>	<i>Turn</i>

Section 4 1/4 Chasse Left, Cross Rock, Side, Close, Walk x 2

1&2	Turn 1/4 left stepping left to left side (3:00). Step right beside left. Step left to left side	Turn chasse
	<i>Non-turning steps 1-2: 1/4 Chasse Left</i>	
1&2	<i>Turn 1/4 right stepping left to left side (3:00). Step right beside left. Step left to left side</i>	<i>Turn chasse</i>
3,4	Cross rock right over left. Recover on left	Cross rock
5,6	Step right to right side and drag left. Step left beside right and pop right knee	Side, close
7,8	Walk forward stepping right, left	Walk, walk
