



Dance: **Steady Heart**  
 Type: 52 Count, 2 Wall, Intermediate  
 Choreographer: Karen Knight (UK), April 2022  
 Choreographed to: Steady Heart by Kameron Marlowe (73 bpm, 3:32 min)

Intro: Start after count 16

<b>Section 1</b>	<b>Step Touch, Back Kick, Back Shuffle, Back Rock, Step, Close, Left Shuffle</b>	
1&2&	Step right forward. Touch left beside right. Step left back. Kick right forward	Step, touch, back kick
3&4	Step right back. Step left beside right. Step right back	Back shuffle
5&6&	Rock back on left. Recover on right. Step left forward. Step right beside left	Back rock, step, &
7&8	Step left forward. Step right beside left. Step left forward	Left shuffle
<b>Section 2</b>	<b>1/2 Turn, Sweep, Behind, Side, Cross Shuffle, Side Rock, Behind, Side, Cross Shuffle</b>	
1&	Turn 1/2 left stepping right back (6:00). Sweep left	Turn, sweep
2&	Cross left behind right. Step right to right side	Behind, side
3&4***	Cross left over right. Step right to right side. Cross left over right	Cross shuffle
5&	Rock to side on right. Recover on left	Side rock
6&	Cross right behind left. Step left to left side	Behind, side
7&8	Cross right over left. Step left to left side. Cross right over left	Cross shuffle
<b>Section 3</b>	<b>Forward Rock, 1/2 Shuffle, Forward Rock, 1/4 Chasse Right</b>	
1,2#**	Turn 1/8 left rocking forward on left (4:30). Recover on right	Forward rock
3&4	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (10:30)	Half shuffle
5,6	Rock forward on right. Recover on left	Forward rock
7&8	Turn 1/4 left stepping right to right side (1:30). Step left beside right. Step right to right side	Turn chasse
<b>Section 4</b>	<b>3 Step Jazz Box x 2, Back Rock, Step, Right Shuffle</b>	
1&2	Cross left over right. Turn 1/8 left stepping right back (12:00). Step left to left side	Cross, back, side
3&4	Cross right over left. Turn 1/8 right stepping left back (1:30). Step right to right side	Cross, back, side
5&6	Rock back on left. Recover on right. Step left forward	Back rock, step
7&8	Step right forward. Step left beside right. Step right forward	Right shuffle
<b>Section 5</b>	<b>Cross, Back, 1/4 Turn, Touch</b>	
1,2	Cross left over right. Turn 1/8 right stepping right back (3:00)	Cross, back
3,4*	Turn 1/4 right stepping left back (6:00). Touch right beside left	Turn, touch
<b>Section 6</b>	<b>1/4 Fallaway, Touch, 1/4 Fallaway, Close, Sailor Step x 2</b>	
1&	Step right to right side. Turn 1/8 left stepping left back (4:30)	Side, back
2&	Turn 1/8 left stepping right back (3:00). Touch left beside right	Back, touch
3&	Step left to left side. Turn 1/8 left stepping right forward (1:30)	Side, step
4&	Turn 1/8 left stepping left forward (12:00). Step right beside left	Step, close
5&6	Cross left behind right. Step right to right side. Step left to left side	Sailor step
7&8	Cross right behind left. Step left to left side. Step right to right side	Sailor step
<b>Section 7</b>	<b>1/4 Fallaway, Touch, 1/4 Fallaway, Close, Sailor Step x 2</b>	
1&	Step left to left side. Turn 1/8 right stepping right back (1:30)	Side, back
2&	Turn 1/8 right stepping left back (3:00). Touch right beside left	Back, touch
3&	Step right to right side. Turn 1/8 right stepping left forward (4:30)	Side, step
4&	Turn 1/8 right stepping right forward (6:00). Step left beside right	Step, close
5&6	Cross right behind left. Step left to left side. Step right to right side	Sailor step
7&8	Cross left behind right. Step right to right side. Step left to left side	Sailor step
<b>Step Change</b>	<b># Wall 3 (12:00) after 18 Counts (facing 6:00)</b>	
	<b>3/8 Shuffle</b>	
3&4	Turn 1/8 left stepping left to left side. Step right beside left. Step left 1/4 turn left (12:00)	Turn shuffle
<b>Restart</b>	<b>* Wall 1 (12:00) after 36 Counts (restart facing 6:00)</b>	
	<b>** Wall 3 after Step Change</b>	
	<b>*** Wall 5 (6:00) after 12 Counts (restart facing 12:00)</b>	