

"Young Hearts"

Choreographer: Marie Sprensen (Sunshine Cowgirl) – DK - June 2013

4 Walls – Level: Improver – 32 Counts

Music: "Young Hearts (Run free)" By Gloria Estefan

Album: Desperate Housewives Soundtrack

Intro: 24 Counts

www.legalsounds.com

SWAY, SWAY, RUMBA, SWAY, SWAY, CHASSE ¼ TURN LEFT

1-2 Step right to right side and sway right, left

3&4 Step right to right side, step left next to right, step fwd. right

5-6 Step left to left side and sway left right

7&8 Step left to left side, step right next to left, ¼ turn left, step fwd. left (09:00)

HIP BUMPS RIGHT, LEFT, CROSS, BACK, BACK, HOOK

1&2 Touch right toe fwd. bump your hips right, left, right

3&4 Touch left toe fwd. bump your hips fwd. left, right, left

5-6 Cross right over left, step back on left

7-8 Step a big step back on right, drag left next to right & hook left up in front of right (09:00)

STEP FWD. LEFT, TOUCH, SWAY, SWAY, SAMBA STEP RIGHT, CROSS, BACK ¼ TURN

1-2 Step fwd. left, touch right beside left

3-4 Step right to right side, sway right, left

Restart the dance here during wall 3 & 8

5&6 Cross right over left, rock left to left side, recover

7&8 Cross left over right, step back on right, ¼ turn left, step left to left side (06:00)

SAMBA STEP RIGHT, CROSS, BACK ¼ TURN, SWAY, SWAY, PRIZZY WALK

1&2 Cross right over left, rock left to left side, recover

3&4 Cross left over right, step back on right, ¼ turn left, step left to left side

5-6 Step right to right side and sway right, left

7-8 Cross right over left, cross left over right (03:00)

RESTART:

During wall 3 - After 20 Counts – Facing 03:00

During wall 8 – After 20 Counts – Facing 12:00

Have Fun!

www.sunshine-cowgirl-linedance.dk

sunshinecowgirl1960@gmail.com