

# Listen to My Heart

**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Maggie Gallagher (UK) & Gary O'Reilly (IRE) - June 2024

**Music:** Listen - Eloise Viola



**Intro: Start on the word "Hold" approx 3 secs**

**S1: ¼ SIDE, TOUCH, ¼, ¼ HITCH, SIDE, POINT/LOOK, ¼, ½**

- 1-2 ¼ right stepping right to right side, Touch left next to right [3:00]  
3-4 ¼ left stepping forward on left, ¼ left hitching right knee up [9:00]  
5-6 Step right to right side, Point left to left side and look right  
7-8 ¼ left stepping forward on left, ½ left stepping back on right [12:00]

**S2: BACK, CROSS BALL WALK, WALK, CROSS, SWEEP, CROSS, SWEEP**

- 1-2& Step back on left, Cross right over left, Step slightly back on left  
3-4 Walk forward on right, Walk forward on left  
5-6 Step forward on right slightly crossing over left, Sweep left from back to front  
7-8 Step forward on left slightly crossing over right, Sweep right from back to front

**S3: CROSS, BACK, BALL CROSS, SIDE, BEHIND SIDE CROSS, HOLD, ⅛, TOGETHER**

- 1-2& Cross right over left, Step back on left, Step right next to left  
3-4 Cross left over right, Step right to right side  
5&6 Cross left behind right, Step right to right side, Cross left over right  
7&8 HOLD, ⅛ left stepping right to right side, Step left next to right [10:30]

**S4: CROSS, ⅛ SIDE, SAILOR ½ R, WALK, WALK, ANCHOR STEP**

- 1-2 Cross right over left, ⅛ right stepping left to left side [12:00]  
3&4 ½ right crossing right behind left, Step left to left side, Step forward on right [6:00]  
5-6 Walk forward on left, Walk forward on right  
7&8 Lock left behind right, Step weight onto right, Step slightly back on left

**Restart here on Wall 3 facing [6:00]**

**S5: PUSH HIPS BACK-FORWARD-BACK, WALK, ½, BACK/POP, STEP, ¼ SIDE**

- 1-2-3 Step back on right pushing hips back, Rock forward on left pushing hips forward, Rock back on right pushing hips back  
4-5 Walk forward on left, ½ left stepping back on right [12:00]  
6-7 Step back on left popping both knees, Step down on right  
8 ¼ right stepping left to left side [3:00]

**S6: BEHIND, SWEEP, BEHIND SIDE CROSS, SIDE ROCK, RECOVER, BEHIND SIDE CROSS**

- 1-2 Cross right behind left, Sweep left from front to back  
3&4 Cross left behind right, Step right to right side, Cross left over right  
5-6 Rock right to right side, Recover on left  
7&8 Cross right behind left, Step left to left side, Cross right over left

**S7: SIDE, HOLD & SIDE, POINT/LOOK, ¼, ½, ½, WALK**

- 1-2& Step left to left side, HOLD, Step right next to left  
3-4 Step left to left side, Point right to right side and look left  
5-6 ¼ right stepping forward on right, ½ right stepping back on left [12:00]  
7-8 ½ right stepping forward on right, Walk forward on left [6:00]

**S8: BACK/Drag, BACK/Drag, REVERSE ROCKING CHAIR**

- 1-2 Walk back on right dragging left to meet right  
3-4 Walk back on left dragging right to meet left  
5-6 Rock back on right, Recover on left  
7-8 Rock forward on right, Recover on left [6:00]

**RESTART: Dance 32 counts of Wall 3, then restart the dance from the beginning facing [6:00]**

**ENDING: After 32 counts of Wall 6, step right to right side to finish facing [12:00]**

Thank you to Jane Kenrick for suggesting this track

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