



## **In My Heart**

Count: 48 - Wall: 2 - Level: Intermediate

Choreographer: Maggie Gallagher (Nov 2013)

Music: Knee Deep in my Heart by Shane Filan

### **Intro: 8 counts start on vocals**

#### **S1: POINT & POINT & CROSS BACK HEEL & CROSS, KICK & CROSS BACK HEEL**

1&2 Point right toe across left, Step right next to left, Point left toe across right  
&3&4 Step left next to right, Cross right over left, Step back on left,  
Tap right heel forward on right diagonal  
&5-6 Step right next to left, Cross left over right,  
Kick right forward on right diagonal  
&7&8 Step right next to left, Cross left over right, Step back on right,  
Tap left heel forward on left diagonal

#### **S2: & CROSS, ¼ BACK, ½ SHUFFLE R, STEP TURN STEP, FULL TURN**

&1-2 Step left next to right, Cross right over left, ¼ right stepping back left  
3&4 ¼ right stepping right to right side, Step left next to right,  
¼ right stepping forward right [9:00]  
5&6 Step forward left, ½ pivot right, Step forward left [3:00]  
7-8 ½ left stepping back on right, ½ left stepping forward left

#### **S3: RIGHT LOCK STEP, LEFT LOCK STEP, TOUCH, BALL WALK, KICK R, CROSS BACK SIDE, FWD L**

1&2 Step forward right, Lock left behind right, Step forward right [3:00]  
&3&4 Step forward left, Lock right behind left, Step forward left,  
Touch right next to left  
&5-6 Ball step right slightly back, Walk forward on left onto right diagonal [4:30],  
Kick right forward on right diagonal  
&7&8 Cross right over left, Step back on left, Step right to right side,  
Step forward left [4:30]

#### **S4: STEP R, ½ PIVOT L, 3/8 L, BEHIND SIDE CROSS & BEHIND SIDE, STEP L, TOUCH**

1-2-3 Step forward on right, ½ pivot left [10:30],  
3/8 left stepping right to right side [06:00]  
4&5 Cross left behind right, Step right to right side, Cross left over right  
&6& Step right to right side, Cross left behind right, Step right to right side  
7-8 Take big step to left side, Touch right next to left [06:00]

**S5: ¼ R, STEP L, ½ PIVOT R, ¼ R BALL CROSS, BALL CROSS, ¼ L, STEP R, ½ PIVOT L, ¼ L**

- 1-2 ¼ right stepping forward right, Step forward left [9:00]  
3&4 ½ pivot right, ¼ right stepping ball of left next to right,  
Cross right over left [6:00]  
&5-6 Step left to left side,\* Cross right over left, ¼ left stepping forward left [3:00]  
**\*Restart here Wall 5**  
7&8 Step forward right, ½ pivot left, ¼ left stepping right to right side [6:00]

**S6: BEHIND, SIDE, STEP, CROSS, BACK, SIDE, CROSS & HEEL &**

- 1-2 Cross left behind right, Step right to right side  
3-4 Step forward on left, Cross right over left  
5-6 Step back on left, Step right to right side  
7&8& Cross left over right, Step back on right, Tap left heel forward on left diagonal,  
Step left next to right

**RESTART: Wall 5 after counts 36&, Restart dance facing 6:00**

**ENDING: Wall 7, after 16 counts (full turn left) turn a ¼ left stepping right to right side to finish the dance facing front wall**

Contact: [www.maggiieg.co.uk](http://www.maggiieg.co.uk)