

## My Tender Heart

64 Count, 4 Wall, Intermediate

Choreographer: Katrin Gäbler (DE) July 2014

Choreographed to: Tender Heart by Lionel Richie

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**Intro: 8 counts from the heavy beat, begin on lyrics**

**1-8 Cross, Rock, Recover, Chassé Right, Cross Rock, Recover, Chassé ¼ Left**

1-2 Step right across left, weight back on left  
3&4 Step right to right, (&) close left next to right, step right to right  
5-6 Step left across right, weight back on right  
7&8 Step left to left, (&) close right next to left, step left ¼ left fwd 9.00

**9-16 Prissy Walk R+L, Step, Lock Step, Rock Step, Recover, 3/4 Triple Turn Left**

1-2 Step right across left fwd, step left across right fwd  
3&4 Step right fwd, (&) cross left behind right, step right fwd  
5-6 Rock left fwd, weight back on right  
7&8 3/4 Triple Turn on place stepping L,R,L 12.00

**17-24 Step, Touch Back, Shuffle Back, Back, Touch Fwd, Shuffle Fwd**

1-2 Step right fwd, touch left behind right (Body angled a little left)  
3&4 Step left back, close right next to left, step left back  
5-6 Step right back, touch left fwd (Body angled a little right)  
7&8 Step left fwd, (&) close right next to right, step left fwd

\*\*\*Tag and Restart here in wall 6\*\*\* (9.00)

**25-32 Sway, Sway, Chassé Right, Sway, Sway, Chassé Left**

1-2 Step right to right and sway hips right & left  
3&4 Step right to right, (&) close left next to right, step right to right  
5-6 Step left to left and sway hips left & right  
7&8 Step left to left, (&) close right next to left, step left to left

**33-40 Cross, Side, Sailor Step, Cross, Side, Sailor Turn ½ Left with Cross**

1-2 Step right across left, step left to left  
3&4 Cross right behind left, (&) step left to left, step right to right  
5-6 Step left across right, step right to right  
7&8 ½ turn left and cross left behind right, (&) step right to right, step left across right 6.00

**41-48 Side, Hold, & Side, Touch, Side, Hold, & Side, Touch**

1-2 Step right to right, Hold  
&3-4 (&) close left next to right, step right to right, touch left next to right  
5-6 Step left to left, Hold 6.00  
&7-8 (&) close right next to left, step left to left, touch right next to left

**49-56 Back Rock, Recover, Shuffle Fwd, Jazz Box with Hold**

1-2 Rock right back, recover on left  
3&4 Step right fwd, (&) step left next to right, step right fwd  
5-6 Step left across right, step right back  
7&8 Step left to left, Hold

\*\*\* Restart here in walls 1 & 3\*\*\*

**57-64 Cross, Sweep, Cross Shuffle, & Point, ¼ Left Down, Step, Step**

1-2 Step right across left, sweep left from back to front  
3&4 Step left across right, (&) step right to right, step left across right  
&5-6 (&) step right to right, point left to left, ¼ turn left stepping left down 3.00  
7-8 Step fwd on right and left 3.00

**Tag 4 Counts Tag during wall 6 after count 24 (Shuffle fwd) ! Start over again!**

**1-4 Side Left and Hip Sways R,L,R,L**

1-4 Step Right And Sway Hips R,L,R,L 9.00

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