

MELON HEART

Danse officielle de la Coupe de France 2012 Country & Line Division 1 – Cuban

Chorégraphe : Niels Poulsen

Description : Line, 64 counts, 2 walls

Musique : « Everything's Changed » by Lonestar (112 bpm)

« You Look Good In My Shirt » by Keith Urban (120 bpm)

« Corazon de Melao » by Emmanuel (128 bpm)

1–9 Side L, 1/4 L into R rock fwd, 1/4 R chasse, together, 1/4 R lock step fwd, step 1/2 R

1 – 3 Step L to L side (1), turn 1/4 L rocking fwd on R (2), recover back on L (3) 9:00

4&5& Turn 1/4 R stepping R to R (4), step L next to R (&), step R to R (5), step L next to R (&) 12:00

6&7 Turn 1/4 R stepping fwd on R (6), lock L behind R (&), step fwd on R (7) 3:00

8 – 1 Step fwd on L (8), turn 1/2 R stepping onto R (1) 9:00

10–17 L step lock step, cross, point L, cross, point R, 1/4 Monterey R, point L

2&3 Step fwd on L (2), lock R behind L (&), step fwd on L (3) 9:00

4 – 5 Cross R slightly in front of L (4), point L to L side (5) 9:00

6 – 7 Cross L slightly in front of R (6), point R to R side (7) 9:00

8 – 1 Turn 1/4 R on L stepping R next to L (8), point L to L side (1) 12:00

18–25 L step lock step, R rock fwd, 1/2 shuffle R, fwd L, 1/2 R

2&3 Step fwd on L (2), lock R behind L (&), step fwd on L (3) 12:00

4 – 5 Rock fwd on R (4), recover weight back on L (5) 12:00

6&7 Turn 1/4 R stepping R to R side (6), step L next to R (&), turn 1/4 R stepping fwd on R (7) 6:00

8 – 1 Step fwd on L (8), turn 1/2 R stepping onto R foot (1) 12:00

26–33 L step lock step, R rocking chair, R kick and touch fw

2&3 Step fwd on L (2), lock R behind L (&), step fwd on L (3) 12:00

4 – 5 Rock fwd on R (4), recover back on L (5) 12:00

6 – 7 Rock back on R (6), recover fwd on L (7) 12:00

8&1 Kick R fwd (8), step back on R (&), touch L fwd bending in L knee (1) 12:00

34–41 Push and roll knee and hips, coaster cross, & cross & cross, side R, together flick 1/8 L

2&3 Push your L hip and L knee fwd (2), roll your L knee and L hip to the L side (&),

Push hips back leaving L leg pointed fwd (3) - weight on R foot 12:00

4&5 Step back on L (4), step R next to L (&), cross L over R (5) 12:00

&6&7 Step R small step to R (&), cross L over R (&), step R small step to R (&), cross L over R (7) 12:00

8 – 1 Step R to R side (8), step L next to R turning 1/8 L on L foot and flicking R leg back (1) 10:30

42–49 R step lock step, 1/8 R into L side rock, together, R side rock, together, L chasse

2&3 Step R fwd towards 10:30 (2), lock L behind R (&), step fwd on R (3) 10:30

4 – 5& Turn 1/8 R rocking L to L side (4), recover weight to R (5), step L next to R (&) 12:00

6 – 7& Rock R to R side (6), recover weight to L (7), step R next to L (&) 12:00

8&15 Step L to L side (8), step R next to L (&), step L to L side (1) 12:00

50–57 Diagonal R rock fwd, R back lock step, L back rock, L step lock step fwd

2 – 3 Turn 1/8 L rocking fwd on R (2), recover weight back on L (3) 10:30

4&5 Step back on R (4), lock L over R (&), step back on R (5) 10:30

6 – 7 Rock back on L (6), recover weight fwd onto R (7) 10:30

8&1 Step fwd on L (8), lock R behind L (&), step fwd on L (1) 10:30

58–64 Sweep cross with 1/8 L, side L, behind, side L, turn 1/4 L, rock L fwd, modified L coaster

2 – 3 Sweep R fwd crossing R over L and turning 1/8 L (2), step L to L side (3) 9:00

4&5 Cross R behind L (4), step L a small step to L side (&), turn 1/4 L on L stepping fwd on R (5) 6:00

6 – 7 Rock fwd on L (6), recover back on R (7) 6:00

8& Step back on L (8), step R next to L (&) 6:00

ENDING You'll end the dance doing wall 7. Do up to count 33, facing 12:00, and hold it!

NOTE: During the chorus: The beats for counts 4 – 7 are a little stronger/faster. Hit them!