

Tender Hearts

Choreographed by: Donna Marie Bilodeau

Description: 32 count, beginner/intermediate partner dance
Musik: **Tender Heart** by Lionel Richie [97 bpm Rumba / [Renaissance](#)]
Here Is My Heart by Lionel Richie [96 bpm / [Renaissance](#)]
Paradise by Kaci [112 bpm / [CD Single](#) / CD: Smash Hits 2001 / CD: [Line Dance Fever 14](#)]
Burn by Jo Dee Messina [[Burn](#) / CD: [Line Dance Fever 14](#)]
Best Years Of Our Lives by The Baha Men [120 bpm / [Baha Men: Greatest Movie Hits](#) / [Shrek Soundtrack](#) / [CD Single](#) / [Move It Like This](#)]

STEP, LOCK, TRIPLE, STEP, BUMP BACK, FORWARD, BACK, FORWARD

- 1 Step forward on right foot
- 2 Lock left foot behind right foot
- 3&4 Step forward on right foot, step left foot next to right, step right foot forward
- 5 Step left foot forward
- 6 Bump right hip back
- 7&8 Bump left hip forward, right hip back, left hip forward

STEP, RECOVER, ½ TURN TRIPLE, STEP, PIVOT ½ TURN, TRIPLE

- 1 Step forward on right foot
- 2 Replace weight on left foot
- 3&4 Turn ½ right as you triple step right, left, right (RLOD)
- 5 Step forward on left foot
- 6 Drop left hands turn ½ right replacing weight on right foot (LOD)
- 7&8 Reconnect left hands triple forward left, right, left

MAN: WALK, WALK, TRIPLE, WALK, WALK, TRIPLE:

LADY: TURN, TURN, TRIPLE, TURN, TURN, TRIPLE

- 1-2 **MAN:** Walk forward on right foot, walk forward on left foot
- LADY:** Drop left hands ½ turn left (LOD) step back on right foot, ½ turn left (LOD) step forward on left foot
- 3&4 Reconnect left hands triple forward, right, left, right
- 5-6 **MAN:** Walk forward on left foot, walk forward on right foot
- LADY:** Drop left hands ½ turn right (LOD) step back on left foot, ½ turn right (LOD) step forward on right foot
- 7&8 Reconnect left hands triple forward, left, right, left

STEP FORWARD, REPLACE, TRIPLE BACK, STEP BACK, REPLACE, TRIPLE FORWARD

- 1 Step forward on right foot
- 2 Replace weight on left foot
- 3&4 Triple back; right, left, right, traveling (RLOD)
- 5 Step left foot back
- 6 Replace weight on right foot
- 7&8 Triple forward, left, right, left, traveling (LOD)

REPEAT