

Heart By Heart

32 count, 4 wall, High Beginner level
Choreographed March 2026 by Charles Alexander (Swe)
Music: Heart By Heart by Joe Jonas
Single: Heart By Heart (3.10 min)
Intro: 16 counts, approx. 9 sec – 148 bpm



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- 1 – 8 CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, HOLD**
1-4 Cross R over L (1). Step L to side (2). Step R behind L (3). Step L to side (4).
Styling: Grind R heel on count 1.
5-8 Rock R over L (5). Recover onto L (6). Step R to side (7). HOLD (8).
- 9 – 16 CROSS, SIDE, BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE, HOLD**
1-4 Cross L over R (1). Step R to side (2). Step L behind R (3). Step R to side (4).
Styling: Grind R heel on count 1.
5-8 Rock L over R (5). Recover onto R (6). Step L to side (7). HOLD (8).
- 17 – 24 FWD, TOUCH, BACK, KICK, BACK, TOUCH, FWD, SCUFF ¼ TURN**
1-2 Step R forward. (1). Touch L behind R (2).
3-4 Step L back (3). Kick R forward (4).
5-6 Step R back (5). Touch L in front of R (6).
7-8 Step L forward (7). Scuff R forward and make ¼ turn left (8). [9:00]
Styling: Clap hands on count 2, 4, 6, 8. Feel free to let your body rotate in the step touches.
- 25 – 32 RIGHT CHASSÉ, ROCK BACK, RECOVER, SIDE, BEHIND, SIDE, SCUFF**
1&2 Step R to side (1). Step L beside R (&). Step R to side (2).
3-4 Rock L back (3). Recover onto R (4).
5-6 Step L to side (5). Step R behind L (6). Step L to side (7). Scuff R over L (8).

Tag/Restart: Happens after 16 counts during Wall 11 [6:00] and ends facing [12:00].

Note: The music will slow down, but keep dancing the original tempo.

Then do the following tag on the lyrics:

Step R forward (“Remember”), lift your right arm up with right index finger pointing up.

½ turn left taking weight on L (“I know you”), straighten your arm forward and point your index finger forward.

Make half of a heart shape with your right hand in front of your body (“Heart”)

Make half of a heart shape with your left hand in front of your body (“By”)

Place the completed heart shape on your chest (“Heart”)

Shimmy for the 4 counts when the beat comes back.

Start the dance from the beginning.

Ending: Dance up to count 31 on wall 14, then add ¼ turn left to the scuff on count 32 to end to the front!