



She Stole My Heart

(June 2025)

contact@adamastmar.se – Sweden
lovelinedance@live.dk – Denmark



Information: Choreographers: Music: Intro:		48 Counts, 4 wall, Beginner Waltz Adam Astmar (SE), Malene Jakobsen (DK). "Holdin' Her" by Chris Janson (4:04) ~ 118 bpm. 48 counts from start of track, approx. 25 seconds.
Section	Steps & Explanations	End Facing
Sect – 1	Sway L. Sway R. Side, Small Back Rock. Side, Small Back Rock.	
1 – 3	Step to L on LF and start swaying body L (1). Finish swaying body over 2 counts (2, 3).	12'00
4 – 6	Start swaying body R (4). Finish swaying body over 2 counts (5, 6).	12'00
1 – 3	Step to L on LF (1). Rock back slightly on RF (2). Recover on LF (3).	12'00
4 – 6	Step to R on RF (4). Rock back slightly on LF (5). Recover on RF (6).	12'00
Sect – 2	Waltz Basic Fwd. Waltz Basic Back. Fwd, Point, Hold. Fwd, Point, Hold.	
1 – 3	Step forward on LF (1). Close RF next to LF (2). Close LF next to RF (3).	12'00
4 – 6	Step back on RF (4). Close LF next to RF (5). Close RF next to LF (6).	12'00
1 – 3	Step forward on LF (1). Point RF to R side (2). Hold (3).	12'00
4 – 6	Step forward on RF (4). Point LF to L side (5). Hold (6).	12'00
Sect – 3	L Twinkle. R Twinkle ¼ R. Cross Rock, Side. Cross Rock, Side.	
1 – 3	Cross LF over RF (1). Step to R diagonal on RF (2). Step to L diagonal on LF (3).	12'00
4 – 6	Cross RF over LF (4). Turn ¼ R step back on LF (5). Step to R diagonal on RF (6).	3'00
1 – 3	Cross rock LF over RF (1). Recover on RF (2). Step to L on LF (3).	3'00
4 – 6	Cross rock RF over LF (4). Recover on LF (5). Step to R on RF (6).	3'00
Sect – 4	Cross, Point, Hold. Back, Point, Hold. L Twinkle. Weave L.	
1 – 3	Cross LF over RF (1). Point RF to R side (2). Hold (3).	3'00
4 – 6	Step back on RF (4). Point LF to L side (5). Hold (6).	3'00
1 – 3	Cross LF over RF (1). Step to R diagonal on RF (2). Step to L diagonal on LF (3).	3'00
4 – 6	Cross RF over LF (4). Step to L on LF (5). Step RF behind LF (6).	3'00

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

Copyright © 2024 – Adam Åstmar. All rights reserved.