

I've always been a fan of Emmylou Harris and it was great to find an AB dance written to one of her songs (sung with Rodney Crowell) so that "newbies" can enjoy her music too!! Martie has done a good job of this dance; it helps the AB dancer stretch a little.

# Hanging Up My Heart

## 4 WALL - 32 COUNTS - AB LEVEL

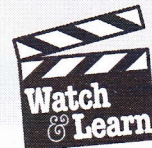
Steps	Actual Footwork	Calling Suggestion	Direction
<b>Section 1</b>	<b>Step, Touch, Step, Touch, Step, Together, Step, Touch</b>		
1-2	Step right to right side. Touch left beside right.	Side Touch	Right
3-4	Step left to left side. Touch right beside left.	Side Touch	Left
5-6	Step right to right side. Step left beside right.	Side Together	Right
7-8	Step forward on right. Touch left beside right.	Step Touch	Forward
<b>Section 2</b>	<b>Step, Touch, Step, Touch, Chasse 1/4 Turn, Touch</b>		
1-2	Step left to left side. Touch right beside left.	Side Touch	Left
3-4	Step right to right side. Touch left beside right.	Side Touch	Right
5-6	Step left to left side. Step right beside left.	Side Together	Left
7-8	Turn 1/4 left and step left forward. Touch right beside left.	Quarter Touch	Turning left
<b>Section 3</b>	<b>Side Rock, Hold, Recover, Hold, Behind, Side, Cross, Hold</b>		
1-4	Rock right to right side. Hold. Recover onto left. Hold.	Side Hold Recover Hold	On the spot
5-6	Cross right behind left. Step left to left side.	Behind Side	Left
7-8	Cross right over left. Hold.	Cross Hold	
<b>Section 4</b>	<b>Side Rock, Hold, Recover, Hold, Sailor Step, Hitch</b>		
1-4	Rock left to left side. Hold. Recover onto right. Hold.	Side Hold Recover	Hold On the spot
5-6	Sweep left out and cross behind right. Step right to right side.	Behind Side	
7-8	Step left in place. Hitch right beside left.	Step Hitch	

Choreographed by:

**Martie Papendorf**  
SA  
February 2013

Choreographed to:

Hanging Up My Heart by  
Emmylou Harris & Rodney  
Crowell (CD 'Old Yellow  
Moon' also available from  
itunes and amazon) (16  
count intro - start on vocals)



A video clip of this  
dance is available at  
[www.linedancermagazine.com](http://www.linedancermagazine.com)