

New Heart Freestyle

Count: 32

Wall: 4

Level: Beginner

Choreographer: Ed Evangelista (USA) - August 2026

Music: New Heart Freestyle (feat. Adonys10) - Crash Adams



4 Count intro from solid beep (very quick), start on the word "doctor" for count "1"
1 tag at the end of wall 10, facing 6:00, add 4 bounces

(1-8) WALK FORWARD WITH HEEL TOUCHES

1 2 3 4 Walk forward R L R (1,2,3), touch L heel forward (4)
5 6 7 8 Step on L (5), touch R heel forward (6), step on R (7), touch L heel forward (8) 12:00

(9-16) WALK BACK, POINT, ¼ RIGHT JAZZ BOX

1 2 3 4 Walk back LRL (1,2,3), point R toe side right (4)
5 6 7 8 Cross R over L (1), step back on L (2), turn ¼ right, stepping R side right (3), step L next to R (8) 3:00

(17-24) SIDE TOUCHES, V STEP

1 2 3 4 Step R side right (1), touch L next to R (2), step L side left (3), touch R next to L (4)
5 6 7 8 Step R diagonal forward right (5), step L diagonal forward left (6), step R back (7), step L next to R (8) 3:00

(25-32) V STEP, 4 HEEL BOUNCES

1 2 3 4 Step R diagonal forward right (5), step L diagonal forward left(6), step R back (7), step L next to R (8)
5 6 7 8 With weight on balls of feet, bounce heels 4 times (5 6 7 8) 3:00

AT THE END OF WALL 10 FACING 6:00, ADD 4 MORE HEEL BOUNCES, THEN START THE DANCE OVER.

END OF DANCE!!
HAVE FUN AND ENJOY!!
MRED325@GMAIL.COM