

Herzbeben

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Martin Fröde - May 2017

Musik: Herzbeben - Helene Fischer



Start the dance when lyrics begin (after 8 counts)

[1-8] Rock Forward, Triple Turn, Cross Side, Sailor ¼ Turn L

- 1,2 Rock forward on RF, Recover weight onto LF
- 3&4 Triple full turn right stepping right left right
- 5,6 Cross left over right, step right to right side
- 7&8 Cross left behind right, ¼ left stepping right to right side, Step forward on left 9:00

Restart: after 8 Counts on wall 5

[9-16] Side-Touch-Side-Touch, Kick Ball Cross, Rock Side

- 1,2 Step RF to right side, touch LF next to RF
- 3,4 step LF to left side, touch RF next to LF
- 5&6 Kick RF to right diag., Step ball of RF next to LF, Cross LF over RF
- 7-8 Rock RF out to right side, Recover weight onto LF

[17-24] Cross, Side, Sailor Heel, (&) back, Cross, ¼ Turn L, Behind Side Cross

- 1,2 Cross RF over left, step LF to left side
- 3&4 Cross RF behind left, step LF to left side, touch right heel fwd
- & Step RF slightly backwards
- 5,6 Cross LF over right, ¼ Turn left step back on RF 6:00
- 7&8 Cross LF behind right, step RF to right side, cross LF over right

[25-32] Rock Side ⅙ Turn left, Jazz Box, Step, Pivot ⅝ L

- 1,2 Rock RF out to right side, make ⅙ turn left recovering weight onto left 4:30
- 3,4 Cross RF over left, step back on LF
- 5&6 step RF to right side, Step fwd on LF
- 7,8 Step forward on RF (5), pivot ⅝ turn left 9.00

Tag 1: at the end of wall 1 (9:00):

[1-4] Rocking Chair

- 1,2 Rock forward on RF, Recover weight onto LF
- 3,4 Rock back on RF, Recover weight onto LF

Tag 2: at the end of wall 6 (6:00):

[1-8] Prissy Walk, Hold, Prissy Walk, Hold, Step, Pivot ½ L, Step, Pivot ½ L

- 1,2 Cross walk RF over left, Hold
- 3,4 Cross walk LF over right, Hold
- 5,6 Step forward on RF, ½ pivot left
- 7,8 Step forward on RF, ½ pivot left

[9-16] Rock Across, Rock Side, Step, Pivot ½ L, Step, Pivot ½ L

- 1,2 Cross rock RF over left, Recover weight onto LF
- 3,4 Rock RF out to right side, Recover weight onto LF
- 5,6 Step forward on RF, ½ pivot left
- 7,8 Step forward on RF, ½ pivot left

Tag 3: at the end of wall 8 (12:00):

[1-8] Prissy Walk, Hold, Prissy Walk, Hold, Step, Pivot ½ L, Step, Pivot ½ L (same as tag 2)

- 1,2 Cross walk RF over left, Hold
 3,4 Cross walk LF over right, Hold
 5,6 Step forward on RF, ½ pivot left
 7,8 Step forward on RF, ½ pivot left
- [9-16] Rock Across, Rock Side, Step, Pivot ½ L, Step, Pivot ½ L (same as tag 2)**
 1,2 Cross rock RF over left, Recover weight onto LF
 3,4 Rock RF out to right side, Recover weight onto LF
 5,6 Step forward on RF, ½ pivot left
 7,8 Step forward on RF, ½ pivot left
- [17-24] Cross, Side, Behind, Sweep, Behind, Side, Cross, Sweep**
 1,2 Cross RF over left, step LF to left side
 3,4 Cross RF behind LF, sweep LF from front to back
 5,6 Cross LF behind right, step RF to right side
 7,8 Cross LF over right, sweep RF from back to front
- [25-32] Cross, Side, Behind, Sweep, Behind, Side, Cross, Sweep (same as 17-24)**
 1,2 Cross RF over left, step LF to left side
 3,4 Cross RF behind LF, sweep LF from front to back
 5,6 Cross LF behind right, step RF to right side
 7,8 Cross LF over right, sweep RF from back to front
- [33-40] Prissy Walk, Hold, Prissy Walk, Hold, Step, Pivot ½ L, Step, Pivot ½ L (same as 1-8)**
 1,2 Cross walk RF over left, Hold
 3,4 Cross walk LF over right, Hold
 5,6 Step forward on RF, ½ pivot left
 7,8 Step forward on RF, ½ pivot left
- [41-48] Rock Across, Rock Side, Step, Pivot ½ L, Step, Pivot ½ L (same as 9-16)**
 1,2 Cross rock RF over left, Recover weight onto LF
 3,4 Rock RF out to right side, Recover weight onto LF
 5,6 Step forward on RF, ½ pivot left
 7,8 Step forward on RF, ½ pivot left
- [49-56] Full Circle R with holds (while the heart beats)**
 1-8 Walk a Full Circle with 4 Steps (R – Hold -L Hold – R Hold – L- Hold)
- [57-60] Spiral Turn with Hands**
 1 Cross RF over left, put your right hand to the heart and stretch your left arm slightly to the left
 2-4 make a full pivot turn left, weight at the end on left

Restart the dance when music begins again

Contact: martin@wildhorses-goslar.de
