

# Heart Beat

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Claire Denney (CAN) - November 2018

Musik: Heartbeat - Buddy Holly & The Crickets



**Intro: 16 counts**

## Right Sugar Foot, Left Sugar Foot

- 1 Touch R. toe beside L. instep...R. knee in,
- 2 Touch R. heel beside L. instep...R. toe out
- 3 - 4 R. step forward, HOLD/Clap
- 5 Touch L. toe beside R. instep....L. knee in
- 6 Touch L. heel beside R. instep....L. toe out
- 7 - 8 L. step forward, HOLD/Clap

## K-Step

- 1 - 2 R. step fwd 1:00, L. touch beside R/CLAP
- 3 - 4 L. step back diag. home, R. touch beside L/CLAP
- 5 - 6 R. step back 5:00, L. touch beside R/CLAP
- 7 - 8 L. step fwd diag. home, R. touch beside L/CLAP

## Rhumba Box

- 1 - 4 Step right, Step L. beside R, R. step back, L. touch beside R
- 5 - 8 Step left, Step R. beside L, L. step fwd, R. touch beside L

## Rock, Recover, Step 1/4 Right, Touch, Rock, Recover, Step Back, Touch

- 1 - 2 R. fwd rock, Recover back on L,
- 3 - 4 Step R. 1/4 right side, Touch L beside R
- 5 - 6 L. fwd rock, Recover back on R.
- 7 - 8 L. step back, Touch R. beside L.

**E N J O Y**

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