

Heart Beat!

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Lone Darling (DK)

Musik: In A Heartbeat - Rodney Atkins



SIDE TOGETHER, CHASSE RIGHT, POINTS, COASTER STEP

- 1-2 Step right to right side, step left beside right
- 3&4 Step right to right side, step left beside right, step right to right side
- 5-6 Point left toe forward, point left toe to left side
- 7&8 Step back on left, step right beside left, step left forward

SHUFFLE, STEP TURN, SCISSORS

- 1&2 Step forward on right, step left beside right, step forward on right
- 3-4 Step forward on left, making $\frac{1}{2}$ turn right
- 5-6-7-8 Step left to left, step right alongside, cross left over right, hold

SCISSORS, STEP BACK, $\frac{1}{4}$ TURN, SHUFFLE

- 1-2-3-4 Step right to right, step left alongside, cross right over left, hold
- 5-6 Step back on left, $\frac{1}{4}$ turn to right side, stepping forward on right
- 7&8 Step forward on left, step right beside left, step forward on left

KICK BALL CHANGE TWICE, CROSS, FULL TURN, LONG DRAG

- 1&2 Kick right forward, step right beside left, step left in place
- 3&4 Kick right forward, step right beside left, step left in place
- 5-6 Cross right over left, making a full turn left
- 7-8 Long step to left side, slide right beside left (weight on left foot)

REPEAT
