

# The Beating Heart

**COPPER** KNOB  
STEPSHETS

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Alan Eades - June 2010

Musik: The Beating Heart - Markus Meier : (CD: Raindance)



**Dance starts on the vocal - (I were) BORN**

## **CROSS ROCK, RECOVER, TRIPLE STEP x 2**

- 1-2 Rock forward on right across left, recover weight on left
- 3&4 Triple step on the spot R,L,R
- 5-6 Rock forward on left across right, recover weight on right
- 7&8 Triple step on the spot L,R,L

## **SERPIENTE**

- 9-10 Cross right over left, step to side on left
- 11-12 Step right behind left, Sweep left in an arc
- 13-14 Finishing arc, step left behind right, step to side on right
- 15-16 Cross left over right, Sweep right in an arc

## **CROSS ROCK, RECOVER, COASTER, STEP PIVOT, SHUFFLE**

- 17-18 Finishing arc, rock forward on right across left, Recover weight on left
- 19&20 Step back on right, Step left next to right, Step forward on right
- 21-22 Step forward on left and pivot  $\frac{1}{2}$  turn right – weight ending on right
- 23&24 Forward shuffle L,R,L

## **PADDLE TURN $\frac{1}{4}$ LEFT, CROSS SHUFFLE, STEP PIVOT, SHUFFLE**

- 25-26 Touch right toe forward and turn  $\frac{1}{4}$  left – weight on left
- 27&28 Cross shuffle to the left R,L,R
- 29-30 Step forward on left and pivot  $\frac{1}{2}$  turn right – weight ending on right
- 31&32 Forward shuffle L,R,L

## **REPEAT**

**Note: For ending – when starting at 6 O'clock do steps 1 to 24 (now facing 12 O'clock) then do a ROCKING CHAIR**

- 25-26 Rock fwd on right, recover weight on left
- 27-28 Rock back on right, recover weight on left.