

# Heartbeat EZ

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner / Beginner

**Choreographer:** Annemaree Sleeth (AUS) - February 2015

**Music:** Heartbeat - Heartbeat



Music available on [Heartbeatduo.com](http://Heartbeatduo.com) or iTunes

**Alternative Music :** Heartbeat by Buddy Holly Album. The Best of Buddy Holly and The Crickets  
Or any version

**Optional Restart**

**Intro 8 count Dance Moves CCW**

**SECT 1: ANGLE HIP ROCKS , ANGLED HIP ROCKS (Travels Forward)**

1 – 4 Step diag forward R hips forward, hips back L, step forward on R, hold

5– 8 Step L diag forward hips forward, hips back R, hips forward L step on L, hold

**Sec 2: MAMBO KICK , BACK, BACK BACK FLICK**

1 – 4 Rock Forward ,recover L, step back R, kick L low and forward

**(Optional click you fingers down here to the kicked foot)**

5 – 8 Back L, back R, back L , flick R behind L (arms out )

**Sec 3: R TOE STRUTS ROCK RECOVER, L TOE STRUTS ROCK RECOVER (add rolling arms on toe struts)**

1 – 4 Touch R toe side, drop R heel down, rock back behind L, recover R

5 – 8 Touch L toe side, drop L heel down, rock back behind R, recover L

**Easier option on Toe Struts**

1 – 4 Step R side hold, step L side hold

**Sec 4: ¼ L R TOE STRUTS ROCK RECOVER, L TOE STRUTS ROCK RECOVER**

1 – 4 ¼ L Touch R toe side, drop R heel down ,rock back L behind R, recover R

5 – 8 Touch L toe side, drop L heel down rock back R behind L, recover L

**Restart Wall 9 facing front dance 24 counts and Restart from the beginning**

**Ending: Facing 9.00 Dance 16 steps then step ¼ side to face front and pose.**

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**Last Update – 13th Feb 2015**