

One Heartbeat

COPPER KNOB
BY SHEETS

Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Vivienne Scott (CAN) - March 2016

Music: 2 Heads - Coleman Hell : (Album: EP Coleman Hell - amazon and iTunes)



Alternative Music (something different!): 'Twist' by Pritam & Neeraj Shridhar (Album 'Love Aaj Kal' also available on amazon and itunes)

This is a long track so you can fade it out whenever you feel your dancers are fading!!

Intro – '2 Heads': 32 counts from the first piano note on "water", starting after the first set of lyrics on the instrumental

'Twist': 56 counts in starting on the lyrics

OUT, OUT, IN, TOGETHER, SWIVELS (or Heel Twists) x 2

1-2 Step right forward to right diagonal. Step left forward to left diagonal. (with attitude!)

3-4 Step right back to place. Step left beside right.

5-8 Twist heels left, centre, left, centre

(Alt: With weight on right heel and left toe, swivel both toes to left. Return to centre. Repeat)

RIGHT GRAPEVINE, FLICK, SIDE, TOGETHER, SIDE, TOUCH

1-4 Step right to right side. Cross left behind right. Step right to right side. Flick left behind right slapping left foot with right hand..

5-8 Step left to left side. Step right beside left. Step left to left side. Touch right beside left.

TOE STRUT X 2, BACK ROCK/SWAY, 1/4 TURN SIDE ROCK/SWAY

1-2 Step back on right toe. Drop heel with finger snap high. (Option: Step back on right. Snap)

3-4 Step back on left toe. Drop heel with clap. (Option: Step back on left. Clap)

5-6 Rock/sway back on right. Sway forward onto left.

7-8 Turn 1/4 right and rock/sway right to right side. Sway left.

POINT, TOGETHER, POINT, TOGETHER, TOE TOUCH, DROP HEEL X 3

1-2 Point right toe to right diagonal. Step right beside left

3-4 Point left toe to left diagonal. Step left beside right

5 Touch right toe slightly forward to right diagonal.

6-8 Drop right heel x 3

Have fun!

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