

Heartbeat

COPPER KNOB
BY STEPHEN PISTOIA

Count: 32

Wall: 2

Level: Improver

Choreographer: Stephen Pistoia (USA) - February 2017

Music: Heartbeat - Drake White : (iTunes)



Intro: 32 counts

(1-8) WALK,WALK, JAZZ BOX, SHUFFLE RT

- 1-2 step RF forward, LF forward
- 3-4 cross RF over LF, step LF out to L
- 5-6 step RF next to LF, cross LF over RF
- 7&8 step RF out to R, step LF next to R, step RF out to R

(9-16) ROCK BACK, SHUFFLE LT ¼ TURN R ,ROCK RECOVER, KICKBALL CHANGE

- 1-2 rock LF behind RF, recover on RF
- 3&4 step LF to out L, making ¼ turn right,step RF next to LF, step LF back (3o'clock)
- 5-6 rock RF back, recover on LF
- 7&8 kick RF forward, step RF next to LF, step LF next to RF

(Optional stomp,stomp at the end of wall 2 for 7-8 to represent a heartbeat, fun for wood floor)
Restart here on walls 2,4

(17-24) MONTEREY R, ROCK FORWARD, ROCK RECOVER FORWARD AND OUT

- 1-2 point RF out to RT, step RF next to LF
- 3-4 making ¼ turn point LF out to LF, step LF next to RF
- 5-6 rock forward on RF, recover on LF
- 7-8 rock RF out to RT, recover on LF

(25-32) AND ROCK RECOVER OUT TO LEFT, BACK ROCK ,WALK,WALK,STOMP, HOLD

- &1-2 step RF next to LF taking weight on RF and point LF out to LT and rock back on RF
- 3-4 rock back on LF, recover on RF
- 5-6 step LF forward, step RF forward
- 7-8 stomp LF, and hold on eight

Have fun! any questions: pistoias@ymail.com