

One Heartbeat

Count: 32

Wall: 4

Level: Improver

Choreographer: Judy Rodgers (USA) - July 2021

Music: One - Bee Gees : (Amazon.com)



#32 intro - No Tags or Restarts

S1: Step tap, back kick, shuffle back, coaster step

- 1-2 Step R fwd, tap L beside R
- 3-4 Step L back, low kick R fwd
- 5&6 Shuffle back R L R
- 7&8 Step L back, step R beside L, step L fwd

S2: Point, point, sailor turn 1/4 R, shuffle fwd, out out clap

- 1-2 Point R fwd, point R to right side
- 3&4 Turn 1/4 right step R behind L, step L to left side, step R to right side 3:00
- 5&6 Shuffle fwd L, R, L
- &7-8 Step out R, L, clap

S3: Rock, recover, back lock back, turn 1/4 L sway, sway, turn 1/4 left shuffle fwd

- 1-2 Rock R fwd, recover L
- 3&4 Step R back, lock/step L over R, step R back
- 5-6 Turn 1/4 left sway left, sway right 12:00
- 7&8 Turn 1/4 left shuffle fwd L R L 9:00

S4: Side rock, cross & cross, turn 1/4 R, turn 1/4 R, mambo step

- 1-2 Rock R to right side, recover L
- 3&4 Cross R over L, step L to left side, cross R over L
- 5-6 Turn 1/4 R step L back, turn 1/4 R step R fwd 3:00
- 7&8 Rock L fwd, recover R, step L slightly back

Ending: Wall 12 is the last wall....dance 16 counts to face front....smile!
