

# Rhythm Of My Heart

**COPPER** KNOB  
BY STEPSHEETS

Count: 56

Wall: 4

Level: Improver

Choreographer: Glennys Croston (UK)

Music: Rhythm of My Heart - Rod Stewart



## RIGHT AND LEFT HEEL SWITCHES, CLAPS TWICE

- 1&2 Touch right heel forward step right beside left, touch left heel forward  
&3&4 Step left beside right touch right heel forward, clap clap  
&5 Step right beside left, touch left heel forward  
&6 Step left beside right, touch right heel forward  
&7&8 Step right beside left, touch left heel forward, clap clap

## RIGHT & LEFT STEP LOCK STEP FORWARD, ROCK FORWARD RECOVER, HALF TRIPLE TURN RIGHT

- &9&10 Step forward on right bring left behind right, step forward on right  
11&12 Step forward on left bring right behind left, step forward on left  
13-14 Rock forward on right recover weight on left  
15&16 Half triple right turn on right left right

## STEP TURN RIGHT, FORWARD STEP LOCK STEP, CROSS ROCK, RIGHT CHASSE

- 17-18 Step forward on left, pivot half turn right  
19&20 Step forward on left bring right behind left, step forward on left  
21-22 Cross rock right over left, recover on left  
23&24 Right side together side

## CROSS ROCK RECOVER, QUARTER LEFT SHUFFLE FORWARD, PIVOT HALF TURN LEFT, RIGHT FORWARD SHUFFLE

- 25-26 Cross rock left over right, recover on right  
27&28 Make quarter turn left, left forward shuffle  
29-30 Step forward on right, pivot half turn left  
31&32 Step forward on right, bring left to right, step forward on right

## ROCK RECOVER, LEFT QUARTER TURN, CHASSE, CROSS SIDE BEHIND & CROSS

- 33-34 Rock forward on left, recover on right  
35&36 Make quarter turn left side together side  
37-38 Cross right over left, step left to side  
39&40 Step right behind left, step left beside right, cross right over left

## SIDE ROCK RECOVER, CROSS SHUFFLE, SIDE ROCK RECOVER, QUARTER RIGHT TURN, COASTER STEP

- 41-42 Rock to side on left, recover on right  
43&44 Cross left over right, step right to side, cross left over right  
45-46 Rock right to side recover on left  
47&48 Make quarter turn right, coaster step

## HALF PIVOT TURN RIGHT, FORWARD STEP LOCK STEP, ROCK FORWARD RECOVER, ROCK BACK RECOVER

- 49-50 Step forward on left, pivot half turn right  
51&52 Step forward on left, bring right behind left, step forward on left  
53-54 Rock forward on right, recover on left  
55-56 Rock back on right recover on left

## REPEAT

ending

For Rod Stewart track only: To finish the dance at the 7th wall (facing the back wall) complete counts 1-8 then cross right over left and unwind half turn left to finish dance facing your home wall.

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