

The Beating Heart

COPPER KNOB
BY STEPHEN METZ

Count: 32

Wall: 4

Level: Beginner

Choreographer: Alan Eades - June 2010

Music: The Beating Heart - Markus Meier : (CD: Raindance)



Dance starts on the vocal - (I were) BORN

CROSS ROCK, RECOVER, TRIPLE STEP x 2

- 1-2 Rock forward on right across left, recover weight on left
- 3&4 Triple step on the spot R,L,R
- 5-6 Rock forward on left across right, recover weight on right
- 7&8 Triple step on the spot L,R,L

SERPIENTE

- 9-10 Cross right over left, step to side on left
- 11-12 Step right behind left, Sweep left in an arc
- 13-14 Finishing arc, step left behind right, step to side on right
- 15-16 Cross left over right, Sweep right in an arc

CROSS ROCK, RECOVER, COASTER, STEP PIVOT, SHUFFLE

- 17-18 Finishing arc, rock forward on right across left, Recover weight on left
- 19&20 Step back on right, Step left next to right, Step forward on right
- 21-22 Step forward on left and pivot $\frac{1}{2}$ turn right – weight ending on right
- 23&24 Forward shuffle L,R,L

PADDLE TURN $\frac{1}{4}$ LEFT, CROSS SHUFFLE, STEP PIVOT, SHUFFLE

- 25-26 Touch right toe forward and turn $\frac{1}{4}$ left – weight on left
- 27&28 Cross shuffle to the left R,L,R
- 29-30 Step forward on left and pivot $\frac{1}{2}$ turn right – weight ending on right
- 31&32 Forward shuffle L,R,L

REPEAT

Note: For ending – when starting at 6 O'clock do steps 1 to 24 (now facing 12 O'clock) then do a ROCKING CHAIR

- 25-26 Rock fwd on right, recover weight on left
 - 27-28 Rock back on right, recover weight on left.
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