

Heartbeat EZ

COPPER KNOB
BY SHEETS

Compte: 32

Mur: 4

Niveau: Absolute Beginner / Beginner



Chorégraphe: Annemaree Sleeth (AUS) - February 2015

Musique: Heartbeat - Heartbeat

Music available on Heartbeatduo.com or iTunes

Alternative Music : Heartbeat by Buddy Holly Album. The Best of Buddy Holly and The Crickets
Or any version

Optional Restart

Intro 8 count Dance Moves CCW

SECT 1: ANGLE HIP ROCKS , ANGLED HIP ROCKS (Travels Forward)

1 – 4 Step diag forward R hips forward, hips back L, step forward on R, hold

5– 8 Step L diag forward hips forward, hips back R, hips forward L step on L, hold

Sec 2: MAMBO KICK , BACK, BACK BACK FLICK

1 – 4 Rock Forward ,recover L, step back R, kick L low and forward

(Optional click you fingers down here to the kicked foot)

5 – 8 Back L, back R, back L , flick R behind L (arms out)

Sec 3: R TOE STRUTS ROCK RECOVER, L TOE STRUTS ROCK RECOVER (add rolling arms on toe struts)

1 – 4 Touch R toe side, drop R heel down, rock back behind L, recover R

5 – 8 Touch L toe side, drop L heel down, rock back behind R, recover L

Easier option on Toe Struts

1 – 4 Step R side hold, step L side hold

Sec 4: ¼ L R TOE STRUTS ROCK RECOVER, L TOE STRUTS ROCK RECOVER

1 – 4 ¼ L Touch R toe side, drop R heel down ,rock back L behind R, recover R

5 – 8 Touch L toe side, drop L heel down rock back R behind L, recover L

Restart Wall 9 facing front dance 24 counts and Restart from the beginning

Ending: Facing 9.00 Dance 16 steps then step ¼ side to face front and pose.

Contact: Email: inlinedancing@gmail.com - Website www.inlinedancing.webs.com

Last Update – 13th Feb 2015