

# Make My Heartbeat

Compte: 64

Mur: 2

Niveau: Improver

Chorégraphe: Lisa B. Martin

Musique: Heartbeat - Jeanette



## STEP FORWARD TOUCH, STEP BACK TOUCH, SIDE BEHIND & CROSS, PIVOT

- 1-2 Step forward on right, touch left behind right
- 3-4 Step back on left, touch right beside left
- 5-6 Step right to right side, step left behind right
- &7-8 Step right to right side, cross left over right, pivot  $\frac{1}{4}$  turn right weight

## STEP FORWARD TOUCH, STEP BACK TOUCH, SIDE BEHIND & CROSS, PIVOT

- 1-2 Step forward on right, touch left behind right
- 3-4 Step back on left, touch right beside left
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- &7-8 Step right to right side, cross left over right, pivot  $\frac{1}{4}$  turn right weight

## MAMBO FORWARD, STEP BACK $\frac{1}{2}$ PIVOT STEP, MAMBO FORWARD, STEP BACK $\frac{1}{2}$ PIVOT STEP

- 1&2 Step forward on right, recover on left, step right beside left
- 3-4 Step left foot back, pivot  $\frac{1}{2}$  turn left, step down on left
- 5&6 Step forward on right, recover on left, step right beside left
- 7-8 Step left foot back, pivot  $\frac{1}{2}$  turn left, step down on left

## SHUFFLE FORWARD, ROCK FORWARD RECOVER, SHUFFLE BACK, ROCK BACK RECOVER

- 1&2 Step forward on right, step left beside right, step forward on right
- 3-4 Rock forward on left, recover on right
- 5&6 Step back on left, step right beside left, step back on left
- 7-8 Rock back on right, recover on left

## SHIMMY STEP, TOUCH HOLD, SHIMMY STEP, TOUCH HOLD

- 1&2 Shimmy body to right while stepping right foot to right side
- 3-4 Touch left beside right, hold
- 5&6 Shimmy body to left while stepping left to left side
- 7-8 Touch right beside left, hold

## JAZZ BOX $\frac{1}{4}$ CLAP, JAZZ BOX $\frac{1}{4}$ CLAP

- 1-2 Cross right foot over left, step back on left
- 3-4 Step right foot to right side with a  $\frac{1}{4}$  turn right, step left beside right & clap hands
- 5-6 Cross right foot over left, step back on left
- 7-8 Step right foot to right side with a  $\frac{1}{4}$  turn right, step left beside right & clap hands

## SHIMMY STEP, TOUCH HOLD, SHIMMY STEP, TOUCH HOLD

- 1&2 Shimmy body to right while stepping right foot to right side
- 3-4 Touch left beside right, hold
- 5&6 Shimmy body to left while stepping left to left side
- 7-8 Touch right beside left, hold

## JAZZ BOX $\frac{1}{4}$ CLAP, JAZZ BOX $\frac{1}{4}$ CLAP

- 1-2 Cross right foot over left, step back on left
- 3-4 Step right foot to right side with a  $\frac{1}{4}$  turn right, step left beside right & clap hands
- 5-6 Cross right foot over left, step back on left

7-8 Step right foot to right side with a  $\frac{1}{4}$  turn right, step left beside right & clap hands

**REPEAT**

**TAG**

**At the end of wall 2 and 4 perform this 8 count tag**

**WALKS FORWARD, STEP TOUCH, WALKS BACK, STEP TOUCH**

1-2 Walk forward on right, left

3-4 Walk forward right, touch left behind right

5-6 Walk back left, right

7-8 Walk back left, touch right beside left

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