

# The Beat Of A Heart

Compte: 92

Mur: 2

Niveau: Improver

Chorégraphe: Trish Arena (AUS)

Musique: Long Slow Beautiful Dance - Rascal Flatts



## **FORWARD TOUCH, BACK TOUCH, ROLL FULL TURN, STEP DRAG**

- 1-2 Step left forward at left diagonal, touch right beside left
- 3-4 Step right back at right diagonal, touch left beside right
- 5-8 Traveling left and turning a full turn, step left-right-left, drag right to touch beside left
- 9-16 Repeat/mirror steps 1-8, starting on right

## **LEFT SAILOR, RIGHT SAILOR, ROCK BACK, REPLACE, ½ SHUFFLE**

- 17&18 Step left behind right, step right to side, replace weight left
- 19&20 Step right behind left, step left to side, replace weight right
- 21-22 Rock back on left, replace weight right
- 23&24 Traveling forward turn ½ right while you shuffle left-right-left

## **RIGHT SAILOR, LEFT SAILOR, ROCK BACK, REPLACE, STEP FORWARD, ¾ PIVOT**

- 25&26 Step right behind left, step left to side, replace weight right
- 27&28 Step left behind right, step right to side, replace weight left
- 29-30 Rock back on right, replace weight left
- 31-32 Step forward on right, pivot ¾ left (take weight on left)

**Restart here during wall 1**

## **ROCK FORWARD, REPLACE, SHUFFLE BACK, TOE BACK, ½ TURN, SHUFFLE SIDE**

- 33-34 Rock forward on right, replace weight left
- 35&36 Shuffle backwards right-left-right
- 37-38 Touch left toe back, turn ½ left (take weight on left)
- 39&40 Shuffle to right side right-left-right

## **¼ PIVOT, CROSS SHUFFLE, ½ TURN, CROSS SHUFFLE**

- 41-42 Step forward on left, pivot ¼ right (weight on right)
- 43&44 Cross shuffle left over right, stepping left-right-left
- 45-46 Turn ¼ left step back on right, turn ¼ left step side left
- 47&48 Cross shuffle right over left, stepping right-left-right

## **& ROCK BACK, REPLACE, & ROCK BACK, REPLACE, & CROSS BEHIND, UNWIND ¾, ¼ PIVOT**

- &49-50 Step left to side, rock back right, replace weight left
- &51-52 Step right to side, rock back left, replace weight right
- &53-54 Step left to side, cross right behind left, unwind ¾ turn right, taking weight on right
- 55-56 Step forward on left, pivot ¼ right (weight on right)

## **CROSS SHUFFLE, & CROSS, HOLD, ¼ TURN, & CROSS, HOLD, ¼ TURN, & CROSS, HOLD**

- 57&58 Cross shuffle left over right, stepping left-right-left
- &59-60 Step side right, cross left over right, hold
- &61-62 Turn ¼ right and step side right, cross left over right, hold
- &63-64 Turn ¼ right and step side right, cross left over right, hold

## **ROCK SIDE, REPLACE, BEHIND-SIDE-ACROSS, ROCK SIDE, REPLACE BEHIND-SIDE-ACROSS**

- 65-66 Rock side right, replace weight left
- 67&68 Cross right behind left, step side left, cross right over left

69-70 Rock side left, replace weight right  
71&72 Cross left behind right, step side right, cross left over right

### **ROCK FORWARD, REPLACE, FULL TURN TRIPLE**

73-74 Rock forward on right, replace weight left  
75&76 Full turn triple right, stepping right-left-right

**Restart here during wall 2**

### **2 X CROSS SAMBAS, ACROSS, SIDE, BEHIND, SIDE, ACROSS, SIDE, BEHIND**

77&78 Cross left over right, step right to side, replace weight left  
79&80 Cross right over left, step left to side, replace weight right  
81&82& Cross left over right, step right to side, cross left behind right, step right to side  
83&84 Cross left over right, step right to side, cross left behind right

### **RIGHT SAILOR, LEFT SAILOR, BEHIND, SIDE, ACROSS, SIDE, BEHIND, SIDE ACROSS**

85&86 Step right behind left, step left to side, replace weight right  
87&88 Step left behind right, step right to side, replace weight left  
89&90& Step right behind left, step left to side, cross right over left, step left to side  
91&92 Step right behind left, step left to side, cross right over left

### **REPEAT**

### **RESTART**

**Restart during wall 1, after count 32. You will be facing the back on count 30. Convert counts 31 and 32 ( $\frac{3}{4}$  pivot) to a  $\frac{1}{2}$  pivot so you are facing the front for the restart, and add an "&" by stepping right beside left, to enable the dance to be restarted at the front on the left foot**

**Restart during wall 2, after count 76**

### **FINISH**

**Dance finishes during the 5th repetition. Step forward on right (count 31) turn a full turn left and step forward on left (count 32), drag right to touch beside left**

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