

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
