

# Heartbeat EZ

**COPPER KNOB**  
BY STEPHEN

拍数: 32      墙数: 4      级数: Absolute Beginner / Beginner  
编舞者: Annemaree Sleeth (AUS) - February 2015  
音乐: Heartbeat - Heartbeat



Music available on [Heartbeatduo.com](http://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.

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Last Update – 13th Feb 2015