

Heartbeat

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dan Morrison (CAN) - October 2015
音乐: Heartbeat - Beckah Shae



Intro: 16 Counts, Start on Lyrics

Step, Rock-Step-Step, Behind-Side-Cross, Touch, Behind-1/4-Step

1 Step R side R
2&3 Rock L behind R (2) Recover onto R (&) Step L side L (3)
4&5 Step R behind L (4) Step L side L (&) Step R over L (11 o'clock) (5)
6 Touch L forward (11 o'clock)
7&8 Step L behind R (7) Step R 1/4 R (3 o'clock) (&) Step L forward (8)

Rock-Recover-Hitch, Step-Lock-Step, 1/2 Shuffle, Chase

1&2 Rock R forward (1) Recover onto L (&) Hitch R Knee (2)
3&4 Step R back (3) Lock L over R (&) Step R back (4)
5&6 1/4 turn L, Step L side L (5) Step R beside L (&) 1/4 turn L, Step L forward (6)
7&8 Step R forward (7) 1/2 Pivot L, wt on L (&) Step R forward (8)

Soft-Shoe, Sailor, Soft-Shoe, Sailor

1&2& Rock L forward (1) Recover onto R (&) Rock L side L (2) Recover onto R (&)
3&4 Step L behind R (3) Step R beside L (&) Step L side L (4)
5&6& Rock R forward (5) Recover onto L (&) Rock R side R (6) Recover onto L (&)
7&8 Step R behind L (7) Step L beside R (&) Step R side R (8)

Cross-Shuffle, Scissor, 1/2 Shuffle, Shuffle-Step

1&2 Step L over R (1) Step R side R (&) Step L over R (2)
3&4 Step R side R (3) Step L beside R (&) Step R over L (4)
5&6 1/4 turn R, Step L back (5) 1/4 turn R, Step R side R (&) Step L over R (6)
7&8& Step R side R (7) Step L over R (&) Step R side R (8) Step L over R (&)

HAVE FUN AND ENJOY

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