

Your Heartbeat

拍数: 32 墙数: 2 级数: Intermediate NC rhythm
编舞者: Brenda Shatto (USA) - March 2016
音乐: Heartbeat - Carrie Underwood : (Album: Storyteller)



Notes: One 16 Count Tag Danced 3 Times. One Restart On Wall 5. See Below For All Descriptions.
Weight Starts On Right. 16 Count Introduction.

[1-8] Rock back-recover side, rock back – recover, ¼ turn left side, repeat

1&2 Cross rock L behind R (1), recover R in place (&), big step L to left (2) [12:00]
3&4 Cross rock R behind L (3), recover L in place (&), ¼ turn left big step R to right side (4) [9:00]
5 - 8 Repeat counts 1-4 [6:00]

[9-16] Rock back-recover side, cross-side-cross, side-cross behind, ¼ turn left forward, rock Forward, recover, ¾ turn right step forward

1&2 Cross rock L behind R (1), recover R in place (&), big step L to left, facing left diagonal (2) [5:00]
3&4 Cross R over L (3), step L to left (&), cross R over L (4) [5:00]*
***Restart Wall 5: replace cross side cross with sway R, L, R with a step to right.**
5&6 Step L to left squaring to [6:00] (5), cross R behind left (&), ¼ turn left, step L forward (6) [3:00]
7&8 Rock R forward (7), recover L in place and begin ¾ turn right (&), step R forward finishing ¾ turn right (8) [7:30] .

[17-24] Left lock step sweep ¼ turn left, cross-lock forward sweep ¼ turn right, cross touch, step, 1½ turn left

1&2 Cross L over R (1), lock R next to L (&), step L forward and sweep R ¼ turn left (2) [4:30]
3&4 Cross R over L (3), lock L next to R (&), step R forward and sweep L ¼ turn right (4) [7:30]
5,6 Press ball of L across R (5), step L in place as you prep by opening body to right (6)
7&8 1½ triple turn left: small step back R (7), small step forward L (&), step R to right side squaring up to back wall (8) [6:00]

No turn option: chasse to the right.

[25-32] Diamond full turn left: back, back, side, forward, forward, side, repeat

1&2 ½ turn left, cross L behind R (1), step R back (&), ½ turn left step L to left side (2) [3:00]
3&4 ½ turn left cross R over left (3), step forward L (&), ½ turn left step R to right side (4) [12:00]
5-8 Repeat counts 1-4.

After 5&6 face [9:00]. After 7&8 face [6:00].

Dance Tag At End Of Walls 2, 4, And 6 (Facing 12:00 Every Time) .

TAG:-

[1-8] Back rock ¼ turn left, forward ½ turn left, forward rock, recover, back, ¼ turn right chasse

1&2 Cross rock L behind R (1), recover R in place (&), ¼ turn left step L forward (2) [9:00]
3&4 Step R forward (3), pivot ½ turn left, weight L (&), step forward R (4) [3:00]
5&6 Rock L forward (5), recover R (&), step L back (6)

Optional turn: step L forward (5), pivot ½ turn right (&), ½ turn right and step L back (6)

7&8 1/4 turn right and step R to right (7), step L next to R (&), step R to right (8) [6:00]

[9-16] Repeat counts 1-8

starting at [6:00], end at [12:00]

Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original

format. Contact the choreographer with your questions.

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