

Heartbeat

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Gregory Danvoie (BEL) & Lee Hamilton (SCO) - April 2016
音乐: Heartbeat - Carrie Underwood



Intro: 16 counts

[1-8] L rock fwd, L step back, R sweep, R behind, L side, R cross, L side step, R cross, hitch ¼ R, step, hitch ½ L, R step-lock-step

1&2 Rock L fwd (1), recover onto R (&), step L back & sweep R from front to back (2), 12:00
3&4& Cross step R behind L (3), step L to left side (&), cross step R over L (4), step L to left side (&), 12:00
5&6& Cross step R over L (5), make a ¼ turn R by hitching L knee up (&), step L fwd (6), make a ½ turn L by hitching R knee up (&), 9:00
7&8& Step R fwd (7), lock L behind R (&), step R fwd (8), hold (&), 9:00

[9-16] L step, pivot ½ R, Grapevine ¼ L, R cross, L step back, R step back, L cross, R step back, L step back

1 2 Step L fwd (1), pivot ½ turn R taking weight onto the R (2), 3:00
3&4& Make a ¼ turn L by stepping L to the left side (3), cross step R behind L (&), step L to left side (4), hold (&), 6:00
5&6& Cross step R over L (5), step L back (&), step R back (6), hold (&), 6:00
7&8& Cross step L over R (7), step R back (&), step L back (8), hold (&), 6:00

[17-24] R rock back, ¾ turn L, L side rock, L cross rock, L side step, R rock back, step ¼ R, ¾ turn R

1&2 Rock R back (1), recover onto L (&), make a ½ turn left stepping R back (2), 12:00
3&4& Make a ¼ turn left by rocking L to left side (3), recover onto R (&), cross rock L over R (4), recover onto R (&), 9:00
5&6& Step L to left side (5), cross rock R behind L (&), recover onto L (6), make a ¼ turn R stepping R fwd (&), 12:00
7&8& Make a ½ turn right by stepping L back (7), make a ¼ turn right by stepping R to right side (&), cross step L over R (8), hold (&), 9:00

[25-32] R toe point, ¼ turn L, R step, L step, pivot ½ R, L step, R step, pivot ½ L, R step, full turn R, run LR

1&2 Point R toe to right side (1), make a ¼ turn L (&), step R fwd (2), 6:00
3&4& Step L fwd (3), make a ½ R taking weight onto the R (&), step L fwd (4), hold (&), 12:00
5&6& Step R fwd (5), make a ½ L taking weight onto the L (&), step R fwd (6), hold (&), 6:00
7&8& Make a ½ right stepping L back (7), make a ½ right stepping R fwd (&), step L fwd (8), step R fwd (&), 6:00

****Restart: Change the & count at the end of section 2 to a R step fwd on walls 3 & 6.**

****Tag: On wall 6, replace counts 4& in section 2 with:**

L toe touch x2

4& Touch L toe to left side (4), touch L toe beside R (&)

Then Restart the dance

****Variation**

Replace counts 3&4& in section 2 with a 1 ¼ turn R

3&4& Make a ½ R by stepping L back (3), make a ½ R by stepping R fwd (&), make a ¼ R by stepping L to left side (4), hold (&)

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