

Heartbeat

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Tim Gauci (AUS) - April 2016
音乐: Heartbeat - Carrie Underwood : (Single - iTunes)



Begin dance 16 beats in, on lyrics

[1-8] □ BACK, ¼, CROSS, SIDE, CROSS, ROCK, ¼, ¼ DRAG, BEHIND, ¼, PIVOT ½, ½. ½ □

1&2&3&4 Step R back, making ¼ turn L step L to L (&), cross R over L, step L to L (&), cross R over L, rock weight onto L, making ¼ turn R step R fwd (&) □ 12.00

5&6&7&8& Making ¼ turn R step L to L dragging R towards L, step R behind L, making ¼ turn L step L fwd (&), step R fwd, pivot ½ turn L (&), making ½ turn L step R back, making ½ turn L step L fwd (&) □ 6.00

[9-16] □ SHUFFLE RLR, HITCH ¼, FWD, ROCK, BACK, CROSS, BACK, ½, ½, ¼, CROSS, ROCK, SIDE □

1&2&3&4& Shuffle fwd RLR, making ¼ turn R hitch L knee (&), step L fwd, rock weight onto R (&), step L back, cross R over L (&) □ 9.00

5&6&7&8& Step L back, making ½ turn R step R fwd (&), making ½ turn R step L back, making ¼ turn step R to R (&), step L over R, rock weight onto R, step L to L (&) □ 12.00

[17-24] □ ANGLE SHUFFLE RLR, HITCH L, CROSS, HITCH R, CROSS, ROCK, ¼, STEP, PIVOT ½, STEP, PADDLE ¼, CROSS, SIDE □

1&2&3&4 Shuffle R fwd on L45 RLR, hitch L over R (&), step L fwd on R45, hitch R over L (&), step R fwd on L45 □ 12.00

5&6&7&8& Rock weight onto L, making ¼ turn R step R fwd (&), step L fwd, pivot ½ turn R (&), step L fwd, paddle ¼ turn R (&), step L over R, step R to R (&) □ 12.00

[25-32] □ BACK, ROCK, ¼, BACK, SWEEP, BACK, SWEEP, BEHIND, ¼, STEP, PIVOT ½, FWD, TOG, FWD, TOG □

12&34 Step L back, rock weight onto R, making ¼ turn R step L back (&), step R back sweeping L front to back, step L back sweeping R front to back □ 3.00

5&6&7&8& Step R behind L, making ¼ turn L step L fwd (&), step R fwd, pivot ½ turn L (&), step R fwd, step L tog (&), step R fwd, step L tog (&) □ 6.00

[32] Beats: □ Repeat dance in new direction □

Restart on wall 3 dance up to beat 16&*, and Restart dance from beginning (facing 12.00 wall)

Restart on wall 6 dance up to beat 24 **, facing 12.00 wall complete beats 25-28 without the ¼ turn as below and Restart dance from beginning

12&34 Step L back, rock weight onto R, step L to L (&), step R back sweeping L front to back, step L back sweeping R front to back

Enjoy