

Heartbeat

拍数: 32 墙数: 4 级数: Intermediate NC style
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音乐: Heartbeat - Carrie Underwood



Intro: □ 16 counts from first beat □ Note: □ Restarts on wall 3 and 6

[1-8] □ ¼ SIDE STEP, STEP ¼ TURN STEP, STEP 1 ½ TURN STEP, COASTER STEP, STEP FWD

- 1,2&3 Making a ¼ turn as you step RF to R, Step fwd on LF, Turn ½ turn to R as you replace weight to R Step fwd on L
- 4&5 Turn ½ L as you step back on RF Turn ½ L as you step fwd on LF, ½ turn L as you step back on RF
- 6&7, 8 Step back on LF, Close RF next to LF, Step fwd on LF, Step fwd on RF

[9-16] □ BASIC TO L, SWAY R, SWAY L, BASIC TO R, STEP ¼ TURN, SWEEP ¼ TURN CROSS, SIDE

- 1,2 & Step LF to L side, close RF behind LF, Cross LF over R,
- 3, 4 Step RF to R side with a sway, Sway body to L placing weight on to LF,
- 5,6 & Step RF to R side, Close LF behind RF, Cross RF over L,
- 7, 8 & Make ¼ turn L stepping LF forward, Make ¼ turn L as you sweep RF from Back to front step on the end of count 8, step LF to L on &

Restart here on wall 3 (On count 8 you will just touch RR next to LF in preparation for wall 4)

[17-24] □ ROCK, RECOVER, TURN, ROCK RECOVER TURN, STEPP SWEEP, STEP SWEEP, ¼ SIDE ROCK RECOVER

- 1,2 & Rock back on RF facing (10:30), Recover weight on LF, Make a ½ turn L as you step back on RF
- 3, 4 & Rock back on LF facing (04:30), recover weight on RF, Make a ½ turn R as you step Back on LF
- 5,6,7,8 Make ½ turn R onto RF sweeping LF from back to front, step LF forward sweeping RF from back to front, Make a ¼ turn L as you step RF to R, Recover weight to LF facing 1:30

[25-32] □ CROSS SIDE BEHIND, SWEEP, BEHIND SIDE CROSS, SIDE STEP TOUCH, 1 ¼ TURN WITH TOUCH

- 1&2 Cross RF over LF, Step LF to L, Cross RF behind LF as you sweep LF from front to back squaring up to 12:00
- 3&4 Step LF behind RF, Step RF to R, Cross LF over RF

Restart here on wall 6 after count 1&2, 3&4 start facing 12:00 again.

- 5,6 Step RF to R, Touch LF next to R with a slight bend in both legs
- 7&8& Make a ¼ turn L as you step fwd on LF (9:00), Make a ½ turn L as you step back on RF, Make ¼ turn L as you step fwd on LF, Make ¼ turn L as you touch RF next to LF without weight end facing (6:00)