

Heartbeat

COPPER KNOB
BY STEPHEN PISTOIA

拍数: 32 墙数: 2 级数: Improver
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音乐: Heartbeat - Drake White : (iTunes)



Intro: 32 counts

(1-8) WALK,WALK, JAZZ BOX, SHUFFLE RT

1-2 step RF forward, LF forward
3-4 cross RF over LF, step LF out to L
5-6 step RF next to LF, cross LF over RF
7&8 step RF out to R, step LF next to R, step RF out to R

(9-16) ROCK BACK, SHUFFLE LT ¼ TURN R ,ROCK RECOVER, KICKBALL CHANGE

1-2 rock LF behind RF, recover on RF
3&4 step LF to out L, making ¼ turn right,step RF next to LF, step LF back (3o'clock)
5-6 rock RF back, recover on LF
7&8 kick RF forward, step RF next to LF, step LF next to RF

(Optional stomp,stomp at the end of wall 2 for 7-8 to represent a heartbeat, fun for wood floor)
Restart here on walls 2,4

(17-24) MONTEREY R, ROCK FORWARD, ROCK RECOVER FORWARD AND OUT

1-2 point RF out to RT, step RF next to LF
3-4 making ¼ turn point LF out to LF, step LF next to RF
5-6 rock forward on RF, recover on LF
7-8 rock RF out to RT, recover on LF

(25-32) AND ROCK RECOVER OUT TO LEFT, BACK ROCK ,WALK,WALK,STOMP, HOLD

&1-2 step RF next to LF taking weight on RF and point LF out to LT and rock back on RF
3-4 rock back on LF, recover on RF
5-6 step LF forward, step RF forward
7-8 stomp LF, and hold on eight

Have fun! any questions: pistoias@ymail.com