

Heart Beating (aka Herzbeben)

COPPERKNOB
BY SHEETS

拍数: 32
编舞者: Robert Hahn (DE) - March 2018
音乐: Herzbeben - Helene Fischer

墙数: 4

级数: Intermediate - Disco Fox



Note: start on vocals, after 8 counts intro

Phrasing: 32+4 (Tag 1), 32, 32, 32+8 (Tag 2), 32+16 (Tag 3), 32, 32+16 (Tag 3), 32+12 (Tag 4), 32, 32, 32, 8 (Ending)

[1-8] Step Cross, Side, Sailor Step, Step Cross, Side, ¼ Sailor Turn Left

1-2 Step right across left, step left to left side
3&4 Step right behind left, step left to left side, step right slightly to right side
5-6 Step left across right, step right to right side
7&8 Make a ¼ left and step left behind right, step right to right side, step left slightly to left side (9:00)

[9-16] Rock Step, ½ Shuffle Turn Right, Rock Step, Coaster Step

1-2 Step right forward, recover weight back onto left
3&4 Make a ¼ turn right and step right to right side, step left next to right, make a ¼ turn right and step right forward (3:00)
5-6 Step left forward, recover weight back onto right
7&8 Step left back, step right next to left, step left forward

[17-24] Step Side, Behind, Shuffle Side, Rock Step Cross, Shuffle Side With ¼ Turn Left

1-2 Step right to right side, step left behind right
3&4 Step right to right side, step left next to right, step right to right side
5-6 Step left across right, recover weight back onto right
7&8 Step left to left side, step right next to left, make a ¼ turn left and step left forward (12:00)

[25-32] Step ½ Pivot Turn Left, Shuffle Forward, Side Rock, ¼ Sailor Turn Left

1-2 Step right forward, make a ½ turn left and recover weight forward onto left (6:00)
3&4 Step right forward, step left next to right, step right forward
5-6 Step left forward, recover weight back onto right
7&8 Make a ¼ left and step left behind right, step right to right side, step left slightly to left side (3:00)

Tag 1: Add the following steps at the end of wall 1 (facing 3:00), then restart.

[1-4] Rocking Chair

1-2 Step right forward, recover weight back onto left
3-4 Step right back, recover weight forward onto left

Tag 2: Add the following steps at the end of wall 4 (facing 12:00), then restart.

[1-8] Rocking Chair, Step ½ Pivot Turn Left (2x)

1-2 Step right forward, recover weight back onto left
3-4 Step right back, recover weight forward onto left
5-6 Step right forward, make a ½ turn left and recover weight forward onto left
7-8 Step right forward, make a ½ turn left and recover weight forward onto left

Tag 3: Add the following steps at the end of wall 5 (facing 3:00) and wall 7 (facing 9:00), then restart.

[1-8] Rocking Chair, Step ½ Pivot Turn Left (2x)

1-2 Step right forward, recover weight back onto left
3-4 Step right back, recover weight forward onto left
5-6 Step right forward, make a ½ turn left and recover weight forward onto left

7-8 Step right forward, make a ½ turn left and recover weight forward onto left

[9-16] Step Cross, Side, Sailor Step, Step Cross, Side, Sailor Step

1-2 Step right across left, step left to left side

3&4 Step right behind left, step left to left side, step right slightly to right side

5-6 Step left across right, step right to right side

7&8 Step left behind right, step right to right side, step left slightly to left side

Tag 4: Add the following steps at the end of wall 8 (facing 12:00), then restart.

[1-12] Slow Full Circle Walk

1-4 make a ¼ turn left and step right forward (3:00), hold, make a ¼ turn left and step left forward (6:00), hold

5-8 step right forward (6:00), hold, make a ¼ turn left and step left forward (9:00), hold

9-12 step right forward (9:00), hold, make a ¼ turn left and step left forward (12:00), hold

Ending: Add the following steps at the end of wall 11 (facing 9:00) and finish the dance.

1-8 Step Cross, Side, ¼ Sailor Turn Right

1-2 Step right across left, step left to left side

3&4 make a ¼ turn right and step right behind left, step left to left side, step right slightly to right side

5-8 Step left forward, recover weight back onto right, step left back and pose!!!

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