

# 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!!!

Contact – Submitted by - [else.richter@t-online.de](mailto:else.richter@t-online.de)

---