

Beat Of My Heart

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Betty Lee (CAN) - May 2020
音乐: Beat of Your Heart - Hayley Westenra



Intro: 16 counts

****Tag (8 counts): End of Wall 2, facing 12:00**

Cross, Hold, Sway L-R; Cross, Hold, Sway R-L

1-4 Cross R over L, Hold, Step L to L swaying hips to L, Sway hips to R taking weight on R

5-8 Cross L over R, Hold, Step R to R swaying hips to R, Sway hips to L taking weight on L

Section 1 R Cross Shuffle, Sweep L; L Cross Shuffle, Sweep R

1-4 Cross R over L, Side step L, Cross R over L, Sweep L from back to front

5-8 Cross L over R, Side step R, Cross L over R, Sweep R from back to front

Section 2 R Cross shuffle, Hold; L Side Rock, Cross, Hold

1-4 Cross R over L, Side step L, Cross R over L, Hold

5-8 Step L to L, Recover onto R, Cross L over R, Hold

Section 3 Rumba Box

1-4 Step R to R, Step L next to R, Step back on R, Hold

5-8 Step L to L, Step R next to L, Step forward L, Hold

Section 4 Step, Pivot ½ L, Step, Hold; Walk L-R-L (OR Lock Step Forward) , Sweep R

1-4 Step forward R, Pivot ½ turn L (weight onto L), Step forward R, Hold (6:00)

5-8 Walk forward L-R-L, Sweep R from back to front

***** Option for count 5,6,7 : Step Forward L, Cross Step R behind L, Step Forward L**

Repeat

Smile, happy dancing!

