

# 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

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**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!

