

Beating Heart

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Helen Ng (AUS) - December 2020
音乐: Head & Heart (feat. MNEK) - Joel Corry



Original Position: feet together weight on left foot
#16 Count Intro

[1-8] Samba Step, Cross ¼ Back Together, V Step

1&2 Cross R over L, Step L to L side, Replace R on spot
3&4 Cross L over R, (turn ¼ L) Step back R, Step L next to R (& Push)
5,6 Step R fwd. onto R Diagonal (45 deg.), Step L fwd. onto L diagonal (45deg.)
7,8 Step R back to centre, Step L beside R

[9-16] Walk Walk, Step Pivot ½, Shuffle Fwd., Double R Hip Bump

1,2 Walk fwd. R, Walk fwd. L
3,4 Step R fwd., Pivot ½ L (keep weight back on R, pop L knee)
5&6 Step L fwd., Step R next to L, Step L fwd.
7&8 Step R to R side, with a double R hip Bump

[17-24] Sailor ¼ Turn, Pivot ½ Turn, Full Turn, Stomp Stomp

1&2 Step L behind R, Step R to the side, ¼ turn L, Step L fwd. (L-R-L)
3 4 Step R fwd., Pivot ½ L (taking weight on L)
5,6 (turn ½ L) Step back R, (turn 1/2 L), Step L fwd.
7,8 Stomp R to R side, Stomp L to L side

[25-32] Kick Ball Tap, Kick Ball Point, Touch Behind Unwind

1&2 Kick R fwd., Step R next to L, Tap L next to R
3&4 Kick L fwd., Step L next to R, Point R to R side
5,6,7 Touch R behind L Unwind ½ R (bounce heel twice)
8 Continue ¼ turn R with weight on L

Ending: AT Wall 10, (LAST 4 COUNT UNWIND) ¼ R, BOUNCE LEFT HEEL 3 TIMES TO THE FRONT, 12 O'CLOCK

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