

# One Heartbeat

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
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音乐: One - Bee Gees : (Amazon.com)



## #32 intro - No Tags or Restarts

### S1: Step tap, back kick, shuffle back, coaster step

1-2      Step R fwd, tap L beside R  
3-4      Step L back, low kick R fwd  
5&6      Shuffle back R L R  
7&8      Step L back, step R beside L, step L fwd

### S2: Point, point, sailor turn 1/4 R, shuffle fwd, out out clap

1-2      Point R fwd, point R to right side  
3&4      Turn 1/4 right step R behind L, step L to left side, step R to right side 3:00  
5&6      Shuffle fwd L, R, L  
&7-8      Step out R, L, clap

### S3: Rock, recover, back lock back, turn 1/4 L sway, sway, turn 1/4 left shuffle fwd

1-2      Rock R fwd, recover L  
3&4      Step R back, lock/step L over R, step R back  
5-6      Turn 1/4 left sway left, sway right 12:00  
7&8      Turn 1/4 left shuffle fwd L R L 9:00

### S4: Side rock, cross & cross, turn 1/4 R, turn 1/4 R, mambo step

1-2      Rock R to right side, recover L  
3&4      Cross R over L, step L to left side, cross R over L  
5-6      Turn 1/4 R step L back, turn 1/4 R step R fwd 3:00  
7&8      Rock L fwd, recover R, step L slightly back

**Ending: Wall 12 is the last wall....dance 16 counts to face front....smile!**

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