

My Heartbeat

拍数: 32 墙数: 4 级数: Improver
编舞者: Sandra Lumbanraja (INA) & Judi Rifa (INA) - December 2021
音乐: Heartbeat - HIVI!



Start on lyric. - Restart at wall 3 after 16 c (facing 6:00)

S1 : Basic R/L Nightclub - Back Step - Recover Body Roll

1-2& Step RF to R side (1), Step LF Slightly behind RF (2), Cross RF over LF(&)
3-4& Step LF to L side (3) , Step RF Slightly behind LF (4), Cross LF over RF (&)
5, 6 Step RF backward (5), Step LF backward (6)
7, 8 Recover RF with Body Roll (7), Recover LF (Transfer weight to LF)(8)

S2 : Sailor ¼R Turn - KickBall Step fwd - ¼L Heel Bounce (2x) - L Coaster Step

1&2 cross RF behind LF turn ¼R (1), Step LF over RF (&), Step RF forward (2)
3&4 LF kick forward (3), LF ball tap beside RF (&), Step RF forward (4)
5, 6 Bounce heels 2 times turning ¼L (5,6)
7&8 Step LF back (7), step RF next to LF (&), step LF fwd (8)

S3 : Side touch (R/L) with hip roll - ½L Pivot Turn - Run

1, 2 Step RF to R side with hip roll back to L (1), Touch LF in place (weight on RF)(2)
3-4 Step LF to L side with hip roll back to R (3), Touch RF in place (weight on LF)(4)
5-6 Step RF forward (5), ½L turn LF and RF in place (6)
7&8 RF make small step forward (7), LF make small step forward (&), RF make small step forward (8)

S4 : V Step - ¾R Paddle Backward Turn

1, 2 Step LF fwd diagonal to L (1), Step RF fwd diagonal to R (2)
3, 4 Step LF back to center (3), Touch RF back close beside LF (4)
5, 6 ¼R bwd Turn on LF Touch RF to R side (5), ¼R bwd Turn on LF Touch RF to R side (6)
7, 8 ¼R bwd Turn on LF Touch RF to R side (7), Touch RF beside LF (8)

Ending: you may turn right or left facing back to 12.00 after completing wall 11

Have fun and enjoy dancing!

Last Update: 26 Nov 2022