

# My Heartbeat

COPPER KNOB  
BY STEPHEN

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