

# Heartbeat Dance

COPPERKNOB  
BY STEPHENETS

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: EWS Winson (MY) - March 2023  
音乐: Heartbeat - Jasmine Rae



Intro : 32 counts in (Approx 0.19 sec)

Note(s) : There is a Restart and a Tag. Restart happens on Wall 3 after 16 counts. Tag happens at the end of Wall 7.

## #1 (1-8) R Side Rock & Recover, R Cross Shuffle, ¼ (R) with L Back, ¼ (R) with R Forward, L Forward Shuffle

1-2                      Weight on LF: Rock RF to R side (1), recover weight on LF (2) 12.00  
3&4                      Cross RF over LF (3), step LF to L side (&), cross RF over LF (4) 12.00  
5-6                      Turn ¼ R stepping LF back (5), turn another ¼ R stepping RF forward (6) 6.00  
7&8                      Step LF forward (7), close RF next to LF (&), step LF forward (8) 6.00

## #2 (9-16) R Forward Diagonal Point with Hips Pushed, R Close, L Forward Diagonal Point with Hips Pushed, L Close, R-L Toe & Heel Syncopation, R Pivot ½ (L)

1-2                      Point R toes forward to R diagonal while pushing hips forward (1), close RF next to LF (2) 6.00  
3-4                      Point L toes forward to L diagonal while pushing hips forward (3), close LF next to RF (4) 6.00  
5&6&                      Touch R toes beside LF (5), step RF in place (&), touch L heel forward (6), step LF in place (&) 6.00  
7-8                      Step RF forward (7), turn ½ L over L shoulder (8) \*\*\* 12.00

Restart here on Wall 3. Begin the dance again, facing 6.00 o'clock.

## #3 (17-24) R-L Syncopated Diagonal Rocking Steps, R Forward Rock & Recover, Triple Full Turn (R)

1-2&                      Rock RF forward to R diagonal (1), recover weight on LF (2), close RF next to LF (&) - open body to L diagonal 1.30  
3-4&                      Rock LF back to L diagonal (3), recover weight on RF (4), close LF next to RF (&) - square up to original wall 12.00  
5-6                      Rock RF forward (5), recover weight on LF (6) 12.00  
7&8                      Make a triple full turn over R shoulder stepping RF-LF-RF on the spot (7-&-8) 12.00

## #4 (25-32) L Forward, R Forward Brush, R Back Cross Lock Steps, L Back, ¼ (R) with R Side, L Cross Shuffle

1-2                      Step LF forward (1), brush RF forward (2) 12.00  
3&4                      Cross lock RF over LF (3), step LF back (&), cross lock RF over LF (4) 12.00  
5-6                      Step LF back (5), turn ¼ R stepping RF to R side (6) 3.00  
7&8                      Cross LF over RF (7), step RF to R side (&), cross LF over RF (8) \*\*\* 3.00

Tag here at the end of Wall 7. Begin the dance again, facing 6.00 o'clock.

## L-R Syncopated Circular Hip Bumps with Heels Bounced

1&2&3&4&                      Step RF to R side circling hips in a clockwise direction as you bounce heels for 8 times (1-&-2-&-3-&-4-&) - weight ends on LF

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