

# Heartbeat

拍数: 64                      墙数: 2                      级数: Intermediate  
编舞者: Elisabeth Elkuch-Heid (CH/LIE) - April 2023  
音乐: Heartbeat - Davina Michelle



**[1-8] Back Rock Step R (with L Arm straight fwd up & R Arm Ellbow back), Recover L (Both arms - hands meet in front), Shuffle R Fwd, Rock L Fwd Recover, Shuffle 1/2 Turn L**

1,2                      Rock R Back (L Arm straight Fwd up & L Ellbow Back), Recover L (Arms - hands meet in front)  
3&4                      Step R Fwd, Step L next to R, Step R Fwd  
5,6                      Rock L Fwd, Recover R  
7&8                      Shuffle 1/2 Turn L: Step L 1/4 Turn L Back, Step R next to L, Step L 1/4 Turn L

**[9-16] 1/4 Turn L With R to R, Recover L, Behind Side Cross, Side Rock Recover, Behind Side Cross (3)**

1,2                      1/4 Turn L With R to R, Recover L (3)  
3&4                      Step R Behind L, Step L to L, Step Cross R over L  
5,6                      Step L to L, Recover R  
7&8                      Step L Behind R, Step R to R, Step Cross L over R

**[17-24] Diagonal R: Touch R Toe Fwd, Touch R Toe Fwd (moving R Side Body Fwd), Rock R Fwd, Recover L, Step R next to L, Diagonal L: Touch L Toe Fwd, Touch L Toe Fwd (moving L Side Body Fwd), Rock L Fwd, Recover R, Step L next to R**

1&2                      Touch R Toe Diagonal R Fwd, Touch R Toe Fwd, Rock R Fwd  
3,4                      Recover L, Step R next to L  
5&6                      Touch L Toe Diagonal L Fwd, Touch L Toe Fwd, Rock L Fwd  
7,8                      Recover R, Step L next to R

**[25-32] Chassée R 1/4 Turn R, Chassée L 1/4 Turn R, Hip Sways R,L, Shuffle 1/4 Turn R Fwd**

1&2                      Step R to R, Step L next to R, Step R to R with 1/4 Turn R  
3&4                      1/4 Turn R & Step L to L, Step R next to L, Step L to L  
5,6                      Hip Sways: to R, to L  
7&8                      1/4 Turn R with Step R Fwd, Step L next to R, Step R Fwd

**Restart here during Wall 6 with Step Change: 7,8: 1/4 Turn R with R, Step L next to R (12)**

**[33-40] Diagonal L: Step Lock, Shuffle L Fwd, Diagonal R: Step Lock, Shuffle R Fwd**

1,2                      Step L Diagonal Fwd, Step R next to L  
3&4                      Step L Diagonal Fwd, Step R next to L, Step L Diagonal Fwd

**Restart here during Wall 5 (12)**

5,6                      Step R Diagonal Fwd, Step L next to R  
7&8                      Step R Diagonal Fwd, Step L next to R, Step R Diagonal Fwd

**[41-48] Jazz Box 1/4 Turn L, Jazz Box 1/4 Turn L, Scuff**

1-4                      Cross Step L over R, Step R Back with 1/4 Turn L, Step L to L, Step R next to L  
5-8                      Cross Step L over R, Step R Back with 1/4 Turn L, Step L to L, Scuff R Fwd

**Restart here during wall 2 (12)**

**[49-56] Diagonal R: Step Lock, Shuffle R Fwd, Diagonal L: Step Lock, Shuffle L Fwd**

1,2                      Step R Diagonal Fwd, Step L next to R  
3&4                      Step R Diagonal Fwd, Step L next to R, Step R Diagonal Fwd  
5,6                      Step L Diagonal Fwd, Step R next to L  
7&8                      Step L Diagonal Fwd, Step R next to L, Step L Diagonal Fwd

**[57-64] Jazz Box, Scuff L, L Toe Heel Stomp, Walk R, L**

1-4 Cross Step R over L, Step L Back, Step R to R, Scuff L  
5&6 Touch L Toe next to R, Touch L Heel next to R, Stomp L next to R  
7,8 Walk Fwd: R, L

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