

Heartbeat Beat

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Andrew Watt (USA) - October 2024
音乐: Heartbeat - Mat Kearney : (Album: Just Kids)



INTRO 16 COUNTS

*1 Restart – Wall 5 after 16 counts (12:00)

[1-8] Toe, Heel Twist, Ball Rock Recover, Behind-Side-Cross, Shuffle ¼ Turn

1&2 Step R toe on slight R diagonal (1), twist R heel out (&) twist R heel in (2) 12:00
&3-4 With R heel up, ball step L foot next to R toe (&), rock R foot to R side (3), recover onto L (4) 12:00
5&6 Step R foot behind L (5), step L foot to L side (&), cross R foot over L (6) 12:00
7&8 Turn ¼ L stepping L foot forward (7), step R next to L (&), step L foot forward (8) 9:00

[9-16] Step ½ Pivot, Step ¼ Pivot, Ball Rock Side, Ball Rock Forward

1-2 Step R foot forward (1), pivot ½ turn over L shoulder transferring weight to L foot (2) 3:00
3-4 Step R foot forward (3), pivot ¼ turn over L shoulder transferring weight to L foot (4) 12:00
&5-6 Step ball of R next to L (&), rock L foot out to L side (5), recover onto R (6) 12:00
&7-8 Step ball of L next to R (&), rock R foot forward (7), recover onto L (8) 12:00

*RESTART here on Wall 5 facing 12:00

[17-24] Turning Shuffle 2X, Rock Back Recover, Kick Ball Step Forward

1&2 Turning ½ over R shoulder, step R foot forward (1), step L next to R (&), step R foot forward (2) 6:00
3&4 Turning ½ over R shoulder, step L foot back (3), Step R next to L (&), step L foot back (4) 12:00

(EZ non-turning option: shuffle back 2X (R, L, R AND L, R, L))

5-6 Rock R back (5), recover onto L (6) 12:00
7&8 Kick R foot forward (7), step ball of R next to L (&), step L foot forward (8) 12:00

[25-32] V Step, Shuffle Back, Sailor ¼ Turn

1-2 Step R forward and out on R pushing hip to R (1), step L foot out to L pushing hip L (2) 12:00
3-4 Step R back (3), step L next to R (4) 12:00
5&6 Step R foot back (5), step L next to R (&), step R foot back (6) 12:00
7&8 Turning ¼ L, sweep and place L behind R (7), step R to R side (&), step L foot forward (8) 9:00

Choreographer Note: Thank you, everyone, for egging me on to publish one of my own dances, finally, instead of keeping them all to myself in my bedroom. Enjoy!

Contact: Andrew Watt andrewjwatt27@gmail.com, [@scuffnstuff](https://www.instagram.com/scuffnstuff) on Instagram, www.facebook.com/drewbie27