

# In A Heartbeat

COPPERKNOB  
BY STEPHEN

拍数: 34      墙数: 2      级数: Intermediate  
编舞者: John Reilly (UK)  
音乐: That's The Beat Of The Heart - Warren Brothers With Sara Evans



## NIGHTCLUB BASIC, SYNCOPATED RIGHT WEAVE, SIDE ROCK WITH ¼ TURN LEFT, FULL TURN TRAVELING FORWARD, STEP FORWARD

1&2      Rock back on right, replace weight on left, step right to right side  
3&4      Cross left behind right, step right to right, cross left over right (in front)  
5&6      Rock right to right side, replace weight on left making ¼ turn left, step forward right foot  
7&8      ½ turn right stepping back on left, ½ turn right stepping forward on right, step forward on left

## SIDE-ROCK-BEHIND TWICE, CHASSE RIGHT, HINGE ½ TURN RIGHT, CROSS LEFT

1&2      Rock right to side replace weight on left, cross right foot behind left  
3&4      Rock left to side, replace weight on right, cross left foot behind right  
5&6      Step right to right side, bring left together, step right long step to right  
7&8      Step left to left side, turn ½ right stepping right to right, cross left over right

## POINT-HITCH-SLIDE, LEFT NIGHTCLUB BASIC, RIGHT SAILOR STEP, ½ PIVOT RIGHT STEP FORWARD LEFT

1&2      Point right toe to right side, hitch right knee, slide right to right  
3&4      Rock back on left, replace weight on right, step left to left  
5&6      Cross right behind left, step left to side, step right foot forward  
7&8      Step forward left, pivot ½ turn right, step forward on left

## CROSS ROCK TOGETHER TWICE, ¾ TURN RIGHT WITH SWEEP, LEFT MAMBO FORWARD, SIDE ROCKS WITH STYLE

1&2      Cross rock right over left, replace weight on left, step right beside left (shoulder width)  
3&4      Cross rock left over right, replace weight on right, step left beside right  
5&6      Cross right over left, step back on left making ¼ turn right, sweep right ½ turn right (ronde) weight now on right  
7&8      Rock forward on left, replace weight on right, touch left together  
1&2      Side rock left, replace with right, side rock left

## REPEAT

## PHRASING NOTES

**2nd wall: 36 counts add additional right side mambo touch**

35&36      Rock right to right side, replace weight on left, touch right beside left

**6th wall: 32 counts**

**Finish: cross left over right unwind a full turn right, sweeping right leg round and behind left & strike a pose**  
**If danced to Breathe or We Danced do the dance up to count 31& and finish by bringing your left foot together weight ends on left. This makes the dance 32-counts and allows you to begin again on your right.**