

# Heart Beat

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Bill Lancaster (AUS)  
音乐: You Still Got It - Ricochet



## HEEL ROCKS

- 1-2      Step right heel forward; step left heel forward; (weight is on both heels)  
3-4      Step right foot back home; step left foot back home; (stand in normal position)  
5-6      Step right heel forward; step left heel forward; (weight is on both heels)  
7-8      Step right foot back home; step left foot back home; (stand in normal position)

## ROCK, KICK, BRUSHUP, HOP

- 1-2      Rock back on right; rock forward on left  
3-4      Kick right forward scuffing past left; cross right in front & above left knee  
5-6      Kick right forward; scuff right beside left  
&7-8    Step right back; step back on left; step right forward; (done with a skip forward)

## WALK, ¼ MONTEREY

- 1-2-3-4    Walk forward left, right, left; tap right beside left  
5-6      Right touch to right side; turn ¼ turn to the right step right beside left  
7-8      Left touch to left side; step left beside right

## SIDE STEPS, TOE TOUCH, HOLD

- 1-2-3-4    Step right to side; step left beside right; touch right toe to side, heel raised turning right foot and body ¼ turn to the right while touching brim of hat (right hand) keeping weight on left foot which stays in original position; hold  
5-6-7-8    Step right to right side bringing right foot back to the same direction as left; step left beside right; tap right toe to side, heel raised turning right foot and body ¼ turn to the right while touching brim of hat keeping weight on left foot which stays in original position; hold

## VINE, ¼ TURN KICKBALL CHANGE, HITCH

- 1-2      Step right to right side bringing right foot back to the same direction as left; step left behind right  
3-4      Step right to side turning ¼ turn to the right; step left together  
5&6      Right kick forward and bring back and transfer weight to right then quickly to left lifting right  
7-8      Kick right forward; turn ¼ turn to the left while hitching right knee ¼ turn

## CHINE STEPS, ROLLING VINE BACK

- 1&2      Step right in front of left; step left to left side; step right in front of left  
&3      Step left to left side; step right in front of left  
&4      Step left to left side; step right in front of left  
5-6      Step left back; step back on right turning ½ turn to the right  
7-8      Step left forward turning ½ turn to the right; tap right beside left

## LOCK STEPS

- 1-2-3-4    Step right forward; lock left behind right; step right forward scuff left beside right  
5-6-7-8    Step left forward; lock right behind left; step left forward; step right beside left

## HIPS

- 1-2      Step right slightly to right pushing hips to the right twice  
3-4      Push hips to the left twice  
5-6-7-8    Push hips (single) right, left, right, left

REPEAT

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