

Heart Beat

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Jackie Jacotine (UK)
音乐: The Heart Wants What It Wants - Darren Hayes



RIGHT SAILORS STEP, LEFT CROSS SHUFFLE, RIGHT ROCK & CROSS, LEFT FORWARD ROCK, RECOVER

1&2 Step right behind left, step left to left side, step right in place
3&4 Step left across right, step right to right side, step left across right
5&6 Rock right to right side, recover on left, cross right over left
7-8 Rock forward on left, recover

LEFT BACK COASTER STEP, PIVOT ½ TURN LEFT, TRIPLE ½ LEFT, LEFT BACK COASTER STEP

1&2 Step back on left, close right beside left, step forward left
3-4 Step forward on right and pivot ½ turn left
5&6 Triple ½ turn left (12:00 wall)
7&8 Step back on left, close right beside left, step forward left

RIGHT & LEFT CROSS TOE TOUCHES, ½ TURN LEFT CROSS UNWIND, RIGHT CROSS SHUFFLE, PIVOT HOOK ¾ TURN

1&2& Cross touch right over left, & cross touch left over right &
3-4 Cross right over left and unwind ½ turn left (6:00 wall)
5&6 Cross right over left, step left to left, cross right over left
7-8 Step back ¼ on left (cross hook right over left) and pivot ½ turn right

No weight on right as you go straight into a forward shuffle in the next section

FORWARD RIGHT SHUFFLE, ¼ PIVOT TURN RIGHT, CROSS SIDE TOUCHES

1&2 Step forward on right, close left beside right, step forward on right
3-4 Step forward on left, pivot ¼ right
5-6 Touch left toe across right, touch left toe to left side
7-8 Repeat steps 5-6

LEFT CROSS SHUFFLE, ¾ TURN RIGHT, ¼ TURN LEFT CHASSE, LEFT SAILORS STEP

1&2 Step left across right, step right to right, step left across right
3-4 Step ¼ left back on right, pivot ½ turn left on right foot
5&6 Step ¼ left on right foot, close left beside right, step right to right side (turn chasse)
7&8 Step left behind right, step right to right side, step left in place

FORWARD HEEL TOUCHES, ROCK, RECOVER, BACK RIGHT COASTER, STEP, TOUCH

1&2& Right heel forward, & step right beside left, step left heel forward, & step left beside right
3-4 Rock forward on right, recover
5&6 Step back on right, step left beside right, step forward right
7-8 Step forward on left, touch right beside left

REPEAT