

# 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



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## 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**

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