

Heartbeat

拍数: 32 墙数: 4 级数: Beginner
编舞者: Phil Johnson (UK)
音乐: Heartbeat - Bobby Vee



GRAPEVINE RIGHT AND LEFT

1-4 Step right to right side, step left behind right; step right to right side, touch left toe next to right
5-8 Step left to left side, step right behind left; step left to left side, touch right toe next to left

RIGHT AND LEFT SHUFFLES TWICE DOING A FULL TURN RIGHT

9&10 (At an angle of 45 degrees to right) step forward on right, step left beside right, step forward on right
11&12 (Starting to do a full turn right) step forward on left, step right beside left, step forward on left
13&14 (Still turning right) step forward on right, step left beside right, step forward on right
15&16 (Completing full turn right to end where you started) step forward on left, step right beside left, step forward on left

HEEL SWITCHES AND TOE SWITCHES

17&18 Point right toe to right side, step on right next to left, point left toe to left side
&19&20 Step on left next to right, dig right heel forward, step on right next to left, dig left heel forward
&21&22 Step on left next to right, point right toe to right side, step on right next to left, point left toe to left side
&23&24 Step on left next to right, dig right heel forward, step on right next to left, dig left heel forward

& FORWARD RIGHT AND LEFT SHUFFLES

& Step on left next to right
25&26 Step forward on right, step left next to right, step forward on right
27&28 Step forward on left, step right next to left, step forward on left

PADDLE TURN ¼ TURN LEFT

29-30 Step forward on right, 1/8 turn left transferring weight to left
31-32 Step forward on right, 1/8 turn left transferring weight to left

REPEAT
