

# Heartbeat

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Lynn Kryger (UK)  
音乐: Heartbeat - Buddy Holly



## TOE STRUTS

- 1-2      Touch right toe forward, drop the heel to the floor
- 3-4      Touch left toe forward, drop the heel to the floor
- 5-6      Touch right toe forward, drop the heel to the floor
- 7-8      Touch left toe forward, drop the heel to the floor

## SIDE ROCKS & CROSSES

- 1-2      Step the right foot to the right side taking the weight (rock), switch the weight onto the left foot
- 3-4      Cross the right over the left foot and hold for one beat
- 5-6      Step the left foot to the left side taking the weight (rock), switch the weight onto the right foot
- 7-8      Cross the left over the right foot and hold for one beat

## RIGHT VINE WITH A TOUCH, LEFT VINE WITH ¼ TURN

- 1-2      Step the right foot to right side, cross the left behind the right
- 3-4      Step the right foot to right side, touch the left foot next to right
- 5-6      Step the left foot to left side, cross the right behind the left
- 7-8      Step the left foot ¼ turn to the left, step the right beside the left

## HEEL SWIVELS TRAVELING RIGHT, HEEL SWIVELS TRAVELING LEFT

- 1      With the weight on the toes swivel the heels to the right side
- 2      Taking the weight onto the heels swivel the toes to the right
- 3      With the weight on the toes swivel the heels to the right side
- 4      Hold for one beat, (optional clap)
- 5      With the weight on the toes swivel the heels to the left side
- 6      Taking the weight onto the heels swivel the toes to the left
- 7      With the weight on the toes swivel the heels to the left side
- 8      Hold for one beat, (optional clap)

## REPEAT

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