

# Cardiac Rock

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Dean Gambino (USA)  
音乐: The Heart of Rock and Roll - Huey Lewis & The News



Dance starts 32 counts in after "heartbeats" on the lyrics

## SHUFFLE RIGHT, ½ TURN LEFT, SHUFFLE LEFT, ROCK BACK, RECOVER, ¼ SHUFFLE TURN LEFT

1&2      Shuffle right-left-right to right, pivot on right ½ turn left  
3&4      Shuffle left-right-left to left  
5-6      Rock back right behind left, recover forward left  
7&8      ¼ shuffle turn left, right-left-right (7&8)

## ROCK BACK, RECOVER, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ¾ SHUFFLE TURN RIGHT

1-2      Rock back on left, recover forward on right  
3&4      Shuffle forward left-right-left  
5-6      Rock forward right, recover back left  
7&8      ¾ shuffle turn right right-left-right

## POINT, CROSS BEHIND, POINT, CROSS BEHIND, ¼ TURN RIGHT COASTER STEP, ½ STEP PIVOT LEFT

1-4      Point left to left, step left behind right, point right to right, step right behind left  
5-8      Step left slightly back making a ¼ turn right, step right next to left, step left forward, step right forward, ½ turn left weighting left

## STEP RIGHT, DRAG, ROCK BACK, RECOVER, STEP LEFT, DRAG, ROCK BACK, RECOVER

1-4      Large step right to right, drag left just behind right, rock back left behind right, recover forward on right  
5-8      Large step left to left, drag right just behind left, rock back right behind left, recover forward on left

## REPEAT

### TAG A

Done after walls, 1 (9:00), 4 (12:00), 9 (9:00)

1-2      Rock back on right, recover forward on left

### TAG B

Done after walls, 3 (3:00) and 6 (6:00). Place hands on thighs through counts 1-8

1&2      Step right to right, weight on both feet, lift both heels, drop both heels  
3&4      While pivoting on the right, make a ¼ turn left, stepping left to left, weight on both feet, lift both heels, drop both heels  
5&6      While pivoting on the left, make a ¼ turn left, stepping right to right, weight on both feet, lift both heels, drop both heels  
7&8      While pivoting on the right, make a ¼ turn left, stepping left to left, weight on both feet, lift both heels, drop both heels  
&      While pivoting on the left, make a ¼ turn left and flick the right behind left leg

## ALTERNATE MOVES:

During the 2nd & 5th repetitions, replace counts 29-32 with:

5-6&7-8      Step left to left, hip bumps left, right, left, hold

You'll hear heavy drum beats at this point

**During the 10th repetition, replace counts 29-32 with:**

5 Step left to left, lifting shoulders and looking to 7:00

&6&7&8 Shoulder pumps, count on the down moves

**You'll hear the lyrics, "Dit, Dit, Dit, Dit, they say..."**

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