

Heart Beats (P)

拍数: 64 墙数: 0 级数: Partner
编舞者: Pim Humphrey (UK) - February 2008
音乐: My Heart Skips a Beat - Dwight Yoakam : (CD: Dwight Sings Buck)



(20 count intro)

Start facing line of dance lady's left hand in mans right, mirror image, mans steps listed lady on opposite foot.

Rumba Box, Back Rock Step hold, Step lock Step hold.

- 1 - 4 Step side left, step right by left, step forward left, hold
- 5 - 8 Step side right, step left by right, step back right, hold
- 1 - 4 Step back on left, recover weight on right, step forward on left, hold
- 5 - 8 Step forward on right, lock left behind right, step forward on right, hold.

Half Turn Step Hold, Step Lock Step hold, Half Turn Step Hold, Hip Bumps Hold (release hands)

- 1 - 4 Step forward on left, pivot ½ turn right, step forward on left, hold
- (rejoin hands)
- 5 - 8 Step forward on right, lock left behind right, step forward on right, hold
- (release hands)
- 1 - 4 Step forward on left, pivot ½ turn right, step forward on left, hold
- (rejoin hands)
- 5 - 8 Bump hips right, left, right. Hold.

Turn ¼, Weave, Turn ¼ Hold

- 1 Turn ¼ right on left foot (to face partner hold both hands)
- 2 - 4 Step right behind left, step side left, step right in front of left
- 5 - 8 Step side left, step right behind left, turn ¼ left on left (to face LOD release gents left & lady's right hands), hold.

Touch heel hold, Toe hold, Step Lock Step hold, X2

- 1 - 4 Touch right heel forward hold, touch right toe back hold
- 5 - 8 Step forward on right, lock left behind right, step forward on right, hold
- 1 - 4 Touch left heel forward, hold, touch left toe back, hold,
- 5 - 8 Step forward on Left, lock right behind left, step forward on left, hold.

Rock Step Back hold, Back Rock Touch, hold

- 1 - 4 Step forward on right, recover weight on left, step back right hold
- 5 - 8 Step back on left, recover weight on right, touch left by right, hold