

# The Pulse

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Kate Sala (UK) - October 2010  
音乐: Who Owns My Heart - Miley Cyrus : (CD: Can't Be Tamed)



Start after a 32 Count intro.

**Step Left Forward, Side Touch Right, Step Back, Side Touch Left, Coaster Step, Step, Pivot 1/2 Turn Left.**

1 2 3 4      Step forward on L. Touch R out to R side. Step back on R. Touch L out to L side.  
5 & 6      Step back on L. Step R next to L. Step forward on L.  
7 8      Step forward on R. Pivot 1/2 turn L.

**Step, Pivot 1/2 Turn Left, Cross Step, Step Left, Sailor Step With 1/4 Turn Right, Shuffle Forward On Left.**

1 2      Step forward on R. Pivot 1/2 turn L.  
3 4      Cross step R over L. Step L out to L side.  
5 & 6      Cross step R behind L. Turn 1/4 R stepping L to L side. Small step forward on R.  
7 & 8      Step forward on L. Step R next to L. Step forward on L. [3 o'clock.]

**Full Turn Left, Rock Forward On Right, Recover, Step Back, Heel Swivel, Step Back, Side Touch Right.**

1 2      Turn 1/2 L stepping back on R. Turn 1/2 Left stepping forward on L.  
3 4 5      Rock forward on R. Recover back on to L. Step back on R.  
& 6      Coming up on to the balls of the feet swivel both heels L. Swivel both heels back to centre.  
7 8      Step back on L. Touch R out to R side.

**Right Hitch Ball Cross, Side Rock Right, Recover, Weave Left, Side Rock Left. Recover**

1 & 2      Hitch R knee up. Step down on ball of R. Cross step L over R.  
3 4      Side rock R on R. Recover on to L.  
5 & 6      Cross step R behind L. Step L to L side. Cross step R over L.  
7 8      Side rock L on L. Recover on to R.

**Cross Step Behind, Side, Forward, Shuffle Forward, Step, Pivot 1/4 Turn Right, Cross Step, Side Step.**

1 & 2      Cross step L behind R. Step R to R side. Step forward on L.  
3 & 4      Step forward on R. Step L next to R. Step forward on R.  
5 6 7 8      Step forward on L. Pivot 1/4 turn R. Cross step L over R. Step R to R side.

(\*Restart on wall 3)

**Cross Step, Turn 1/2 Left on Right, Left, Cross Step, Turn 1/2 Right on Left, Right, Rock Forward, Recover**

1 2 3      Cross step L over R. Turn 1/4 L stepping back on R. Turn 1/4 L stepping L to L side. [12 o'clock.]  
4 5 6      Cross step R over L. Turn 1/4 R stepping back on L. Turn 1/4 R stepping R to R side. [6 o'clock.]  
7 8      Rock forward On L. Recover on R.

**Side Rock Left, Recover, Sailor Step, Cross Shuffle, Side Step Left, Touch In.**

1 2      Side rock L on L. Recover on R.  
3 & 4      Cross step L behind R. Step R to R side. Step L to L side.  
5 & 6      Cross step R over L. Step L to L side. Cross step R over L.  
7 8      Step L to L side. Touch R next to L instep.

**Side Step Right, Touch In, Rock Back On Left, Recover, Jazz Box With 1/4 Turn Left.**

1 2      Step R to R side. Touch L next to R instep.  
3 4      Rock back on L. Recover on to R.

5 6 7 8      Cross step L over R. Turn 1/4 L stepping back on R. Step L to L side. Small step forward on R. [3 o'clock.]

**Start Again**

**\*Restart: There is one restart during wall 3. Dance up to count 40 and start again from the beginning of the dance facing 12 o'clock.**

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