

# Beat of That Heart

COPPERKNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: High Beginner  
编舞者: Louise Elfvengren (NOR) - October 2011  
音乐: When We Had It So Good - Jill Johnson : (CD: Flirting With Disaster - Sept 2011)



Intro: 16 counts (start at vocal)

## SECTION 1: SCISSORSTEP, CHASSE ¼ LEFT, PIVOT ½ LEFT, LOCK STEP FW (option: full shuffle turn instead of lockstep)

1&2                      Step right to right, step left next to right, cross right in front of left  
3&4                      Step left to left, step right beside left, turn ¼ left stepping down on left (9)  
5-6                      Step forward on right, turn ½ left stepping down on left (3)  
7&8                      Step right forward, lock left behind left, step right forward

## SECTION 2: STEP, SWEEPING POINT, COASTER STEP, ROCK FW, ¼ TURN LEFT CHASSE

1-2                      Step left forward, sweep right in half circle back to front  
3&4                      Step right back, step left beside right, step forward on right  
5-6                      Rock left forward, recover onto right  
7&8                      Turn ¼ left stepping left, step right beside left, step left to side. (12)

## RESTART WALL 4 (9)

## SECTION 3: STEP TURN ¼ LEFT x 2, CROSS SHUFFLE, ROCK LEFT SIDE REC, WEAWE

1-2                      Turn ¼ left stepping down on right, turn ¼ left stepping down on left (6)  
3&4                      Cross right in front of left, step left to left, cross right in front of left  
5-6                      Rock left to left, recover onto right  
7&8                      Step left behind right, step right to right, cross left in front of right

## SECTION 4: STEP, SWEEP BEHIND ¼ TURNING LEFT WITH SHUFFLE, CROSS ROCK, SWAY X2

1-2                      Step right to side, sweep left in half circle front to back (start turning)  
3&4                      Turn ¼ left step left, step right beside left, step left forward (3)  
5-6                      Rock right in front of left, recover onto left  
7-8                      Sway on the spot right – left, ending with weight on left foot

Dance ends (9) after section 4. After cross rock (9) turn 1/4 right (12) and sway