

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, WEAVE

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