

Heart Beat In Paradise

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Helen Reeson (AUS) & Lynne Dugay (USA) - April 2012
音乐: Summer Paradise (feat. Sean Paul) - Simple Plan



[1-8] Toe strut cross & side, Beh-side-fwd-fwd, Side-beh-side-fwd, Step-½L-Step

1&2&3&4& R Cross Toe/Heel over L, L Toe/Heel to L side, R behind L, L to L, R fwd, L fwd
5&6&7&8 R to R side, L behind R, R to R, L fwd, R fwd, Pivot ½L (wgt on L), R fwd ... 6.00

[9-16] L Heel-hitch-Step, Cross-&-Heel-&, Weave R (4), Cross-Rock-Side

1&2,3&4& L Heel 45, Hitch L, Step L to L, Cross R over L, L tog, R heel to R45, R tog
5&6&7&8 Cross L over R, R to R, L behind, R to R, Rock L over R, Recover wgt on R, L to L

[17-24] Fwd-Back, Toe strut, L Heel-hitch, Toe strut, Rocking Chair, Sailor ¼R

1&2& Rock R fwd, Recover wgt back on L, R toe/heel back
3&4& L heel fwd, Hitch L, L toe/heel back
5&6 Step R back, Rock wgt fwd on L, Step fwd on R, Rock wgt back on L
7&8 Step R behind L, Turn ¼R step L to L side, R to R side ... 9.00

[25-32] Step-½R-step, Step-½L-step**, ½R toe-heel, ½R toe-heel, Fwd-back-back

1&2,3&4 Step L fwd, Pivot turn ½R, Step L fwd, Step R fwd, Pivot turn ½L, Step R fwd
5&6&7&8 ½R back L toe/heel, ½R fwd R toe/heel, Rock L fwd, Recover wgt on R, Back on L
(Raise hands and click fingers on the '&' count, during words "heart beat")

[33-40] Sweep-Step, Sweep-Step, Beh-Side-Cross, Side-Rock-Cross, ¼L-¼L-Cross

1&2& Sweep R out & back, Step back on R, Sweep L out & back, Step back on L
3&4 Sweep R behind L, Step L to L, Cross R over L
5&6,7&8 L to L, R to R, L across R, ¼L step R back, ¼L step L to L, R across L ... 3.00

[41-48] L Rumba Box*, Sweep-Step, Sweep-Step, Sailor ¼R

1&2,3&4 L side, R together, L fwd, R side, L together, R back,
5&6& Sweep L out & back, Step back on L, Sweep R out & back, Step back on R
7&8 Sweep L behind R, Turn ¼R step R to R side, L to L side ... 6.00

START AGAIN, and enjoy

TAGS:-

End of Wall 1: Switches (Heel-Heel) ... 1&2& R Heel fwd-R tog, L Heel fwd-L tog ... 6.00

End of Wall 5: Switches (Heel-Heel-Side-Heel) ...

1&2&3&4& R Heel-R tog, L Heel-L tog, R Side-R tog, L Heel fwd-L tog ... 6.00

RESTARTS:- (with '&' count tag)

Wall 2 after count 44* add '&' count: HINGE ¼L step L to L side. Restart --Wall 3 ... 6.00

Wall 4 after count 44* add '&' count: HINGE ¼L. Restart --Wall 5 (Rap music) ... 12.00

Wall 6 after count 28** add '&' count: Paddle ¼L recover wgt onto L. Restart --Wall 7 ... 12.00

FINISH:-

Wall 7 after count 44* add counts 1&2,3: Sailor ¼L, raise hands and Click Fingers ... 12.00

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