

# In A Heart Beat

COPPER KNOB  
STEPSHEETS

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



## [1-8] Cross Toe strut, Side Toe strut, Cross / Rock - Side Shuffle, Cross / Rock

1&2&3,4            R Cross Toe/Heel to L side, L Toe/Heel to L side, Cross R over L, Recover wgt on L  
5&6,7,8            R to R side, L beside R, R to R side, Cross L over R, Recover wgt on R

## [9-16] L Sailor step, Step-Paddle-Step - Rock Fwd / Back, L Coaster

1&2,3&4            L behind R, R to R side, L to L side, R Fwd, Paddle ¼L (wgt on L), R Fwd  
5,6,7&8            Rock fwd on L, Recover wgt back on R, Step L Back, R Beside, L Fwd ... 9.00

## [17-24] Cross Toe strut, Side Toe strut, Cross / Rock - Side Shuffle, Cross / Rock

1&2&3,4            R Cross Toe/Heel to L side, L Toe/Heel to L side, Cross R over L, Recover wgt on L  
5&6,7,8            R to R side, L beside R, R to R side, Cross L over R, Recover wgt on R

## [25-32] L Sailor step, Step-Paddle#-Step - Rock Fwd / Back, L Coaster

1&2,3&4            L behind R, R to R side, L to L side, R Fwd, Paddle ¼L (wgt on L), R Fwd ... 6.00  
5,6,7&8            Rock fwd on L, Recover wgt on R, Step L back, R beside, L fwd

## [33-40] Walk R - L, Fwd-Back-Back - Sweep-Back, Sweep-Back, Beh-Side-Cross

1,2,3&4            R fwd, L fwd, Rock fwd on R, Recover wgt on L, Step back on R  
&5&6                Sweep L out & back, Step back on L, Sweep R out & back, Step back on R  
7&8                 Sweep and step L behind R, Step R to R Side, Cross L over R

## [41-48] Side / Rock, Cross-&-Cross-&\*-Cross / Rock, Side-Rock-Tch

1,2,3&4&            R side, Recover wgt on L, Cross R over L, L to L, Cross R over L, L to L  
5,6,7&8            Cross R over L, Recover wgt on L, Rock R to R, Recover wgt on L, Tch R beside L

**START AGAIN, and enjoy**

**TAGS (both at 6.00)**

**End of Wall 1: Point OUT-IN-OUT ...**

1&2                Point R to R side, Tch R beside L, Point R to R side

**End of Wall 5: Point OUT-IN-OUT, BACK / ROCK-POINT ...**

1&2,3&4            Point R out-in-out, Rock R behind L, Recover wgt on L, Point R to R side

**RESTARTS (at 12.00)**

**Wall 2 after count 44&\* Restart at 12.00 – Wall 3**

**Wall 4 after count 44&\* Restart at 12.00 – Wall 5 (Rap music)**

**Tag & RESTART (at 12.00)**

**Wall 6 (start at 6.00) after count 27&# add TOUCH R beside L, then Restart at 12.00 – Wall 7**

**FINISH: Wall 7 (start at 12.00) after count 42 (facing 6.00), add 4 counts:**

1&2&3,4            Cross Toe-Heel, ¼L Toe-Heel, ¼L step R to R side, Step L beside R ... 12.00

**Split floor option: "HEART BEAT IN PARADISE" (Intermediate) by Lynne Dugay & Helen Reeson**

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