

My Heart Beat

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Gail Davis (NZ) - March 2013
音乐: Can't You Hear My Heartbeat - Herman's Hermits



Intro: 8 Counts (After Strong Beat Kicks In)

STEP – LOCK – STEP WITH TOUCH, STEP – LOCK – STEP WITH TOUCH

- 1 – 2 – 3 – 4 Step Forward On Right, Lock Left Behind Right, Step Forward On Right, Touch Left Beside Right
5 – 6 – 7 – 8 Step Forward On Left, Lock Right Behind Left, Step Forward On Left, Touch Right Beside Left

BRONCO HITCH, BRONCO HITCH, TOE STRUT, TOE STRUT WITH ¼ TURN

- 1 – 2 – 3 – 4 Point Right To Side, Hitch Right Knee Across Left (Slapping With Left Hand), Point Right To Side, Hitch Right Knee Across Left (Slapping With Left Hand)
5 – 6 – 7 – 8 Touch Right Toe Back, Drop Heel, Making ¼ Turn Left Touch Left Toe To Side , Drop Heel (9 O'Clock)

VINE RIGHT, BRONCO HITCH, BRONCO HITCH

- 1 – 2 – 3 – 4 Step Right To Side, Cross Left Behind Right, Step Right To Side, Touch Left Beside Right
5 – 6 – 7 – 8 Point Left To Side, Hitch Left Knee Across Right (Slapping With Right Hand), Point Left To Side, Hitch Left Knee Across Right (Slapping With Right Hand)

VINE LEFT WITH ¼ TURN & SCUFF, JAZZ SQUARE

- 1 – 2 – 3 – 4 Step Left To Side, Cross Right Behind Left, Making ¼ Turn Step Forward On Left , Scuff Right
5 – 6 – 7 – 8 Cross Right Over Left, Step Back On Left, Step Right To Side, Close Left Beside Right

REPEAT

RESTARTS: -

- On Wall 2 There Is A Restart After 1st 16 Counts (This Now Becomes Wall 3)
On Wall 3 There Is A Restart After 1st 28 Counts (This Now Becomes Wall 4)
On Wall 5 There Is A Restart After 1st 16 Counts (This Now Becomes Wall 6)
On Wall 6 There Is A Restart After 1st 28 Counts (This Now Becomes Wall 7)
On Wall 9 There Is A Restart After 1st 16 Counts (This Now Becomes Wall 10)
On Wall 10 There Is A Restart After 1st 28 Counts (This Now Becomes Wall 11)

Last Revision - 15th June 2013