

# The Beat of Your Heart

**COPPER** KNOB  
BY STEPHENETS

拍数: 48                      墙数: 2                      级数: Beginner  
编舞者: Moni Hartmann (DE) - April 2013  
音乐: The Beat of Your Heart - Danny June Smith



## Start with singing

### [1 – 8] Chasse r, LF rock back, chasse left, RF rock back

1 & 2                      RF step right, LF close to RF , RF step right  
3, 4                      LF step back, lift RF, weight back on RF  
5 & 6                      LF step left, RF close to LF , LF step left  
7, 8                      RF step back, lift LF, weight back on LF

### [9 – 16] RF step forward, ½ turn left, shuffle forward r, LF rock forward, coaster step

1, 2                      RF step forward, ½-turn left on both feet, weight on LF  
3 & 4                      RF step forward, LF close to RF, RF step forward  
5,6                      LF step forward, lift RF, weight back on RF  
7 & 8                      LF step back, RF close to LF , LF step forward

### In 2nd Round - Restart Here

### [17 – 24] Monterey ½ Turn Right, 2 x

1,2                      RF toes touch to right side, ½ turn right, RF next to LF, weight on RF  
3,4                      LF toes touch to left side, LF next to RF, weight on LF  
5, 6                      RF toes touch to right side, ½ turn right, RF next to LF, weight on RF  
7, 8                      LF toes touch to left side, LF next to RF, weight on LF

### In 6th Round - Restart Here

### [25 – 32] RF side rock, cross shuffle left, ½ turn right, cross shuffle

1,2                      RF step to right, lift LF , weight back on LF LF  
3 & 4                      RF cross LF, LF close to RF ,RF cross LF  
5,6                      LF step back with ¼-turn on RF, RF step right with ¼ turn on LF  
7 & 8                      LF cross RF RF close to LF, LF cross RF

### [33 – 40] RF side rock, behind side cross, LF side rock, coaster step with ¼ turn left

1,2                      RF step right, lift LF, weight back on LF  
3 & 4                      RF cross behind LF LF step left, RF cross LF  
5, 6                      LF step to left, lift RF, weight back on RF  
7 & 8                      LF step back with ¼-Drehung on RF, RF close to LF, LF step forward

### [41 – 48] RF rock forward, ½-shuffle turn right, step ¼-turn right, behind side cross

1, 2                      RF step forward, lift LF, weight back on LF  
7 & 8                      ½-turn right with 3 Cha-Cha-steps ( RF, LF, RF)

### In 9th Round: slowly ending of the dance.

5, 6                      LF step forward, ¼-turn on both feet, weight on RF  
7 & 8                      LF cross behind RF, RF step right, LF cross RF

## Here dance starts again

Contact: [moni.hartmann@yahoo.de](mailto:moni.hartmann@yahoo.de)