

The Beat of Your Heart

COPPERKNOB
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

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