

Heartbeat

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Julie Lockton (ES) & Laura Hilbert (UK) - May 2013
音乐: Heartbeat (feat. Nicole Scherzinger) - Enrique Iglesias



Count in: 16 Seconds

SIDE HOLD AND SIDE STEP, GRAPEVINE 1/4 TURN RIGHT, TOUCH

1-2 & 3-4 Step right to right side, hold, step left to right, step right to right side, step left beside right
5,6,7,8 Step right to right side, step left behind right, step right to right side making 1/4 right (3.00)
touch left beside right

LEFT COASTER STEP, RIGHT SIDE MAMBO, POINT LEFT & HOLD, POINT RIGHT & HOLD

1&2 Step back on left, step right to meet left, step forward on left
3&4 Rock Right to side, Recover on Left, Step Right beside Left (Mambo)
5,6&7,8 Point left to left side, hold, step left to meet right, point right to right side, hold

RESTART HERE AT WALL: 2 and 5

STEP FORWARD, POINT, STEP FORWARD, POINT, CROSS UNWIND, ROCK, HOLD

1,2,3,4 Step forward on right, point left to left to left side, step forward on left, point right to right side
5,6,7,8 Cross right over left, unwind 1/2 turn (09:00), rock onto left, hold

RIGHT SIDE SHUFFLE, 1/4 TURN LEFT SHUFFLE, JAZZ BOX

1&2 Step right to right side, step left to right, step right to right side
3&4, Turn 1/4 to 06:00 over left shoulder and step left to left side, step right to meet left, step left to left side
5,6,7,8 Cross right over left, step back on left, step right to right side, step left next to right

STEP BACK, TOUCH & CLICK, STEP FORWARD, TOUCH & CLICK, STEP FORWARD, TOUCH & CLICK, STEP BACK, KICK RIGHT

1,2,3,4 Step back on right, touch left next to right clicking fingers (optional), step forward on the left, touch right to left clicking fingers (optional)
5,6,7,8 Step forward on right, touch left next to right clicking fingers (optional), step back on left, kick right forward

SLIDE RIGHT, TWO TAPS, GRAPEVINE LEFT WITH 1/4 TURN LEFT, TOUCH

1-2-3 &4 Slide to the right (1-2-3) tap left foot next to right twice (&4)
5,6,7,8 Step left to left side, step right behind left, step left forward making 1/4 turn left (03:00), touch right next to left

SYNCOPATED OUT OUT, IN, IN, DOUBLE HEEL BOUNCE, KICK BALL CHANGE, WALK, WALK

&1&2-3-4 Jump feet apart right, left, jump feet together right, left, double heel bounce
5&6-7&8 Kick right foot forward, step down on right, change weight to left, walk forward on right, walk forward on left

MONTEREY 1/2 TURN TOUCH, WALK FORWARD X 2, HEEL BOUNCES 1/2 TURN

1-2-3-4 Point right to right side, bringing right to meet left turn 1/2 (09:00), point left to left side, touch left to right
5-6-7-8 Step forward left, step forward right, bounce 1/4 turn to 06:00, bounce 1/4 turn to 03:00

END OF DANCE

AT THE END OF WALL 11, 4 beat count Tag: "Hold", before Starting Wall 12

SPLIT FLOOR DANCE WITH:

LITTLE HEARTBEAT (Julie Lockton and Laura Hilbert)

32 Count / 2 Wall / Beginner / NO RESTARTS / 4 Beat count "Hold" tag end of Wall 11
