

My Heart Skips A Beat

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Upper Beginner
编舞者: Margaret Warren (AUS) - February 2014
音乐: My Heart Skips A Beat - Daniel O'Donnell : (Album: Classic Doubles - Thoughts of Home - iTunes)



Intro: 8 Beats, start on Skip

Side, Tog, Shuffle Fwd, Side, Tog, ¼ Turn, Shuffle Fwd

1,2,3&4 Step R to side, Slide L next to R, Shuffle forward R, L, R
5,6,7&8 Step L to side, Slide R next to L. Turn ¼ L, shuffle forward L, R, L

Cross, Replace, Side, x 2, Syncopated Rocking Chair, ¼ Pivot,

1&2 Cross R over L, Replace on L, Step R to side,
3&4 Cross L over R, Replace on R, Step L to side,
5&6& Rock fwd on R, Replace on L, Rock back on R, Replace on L
7,8 Step forward on R, Pivot ¼ L(weight on L) *

R Cross Shuffle, Hip Bumps, R Cross Shuffle, ¼ Turn, Fwd L, Replace, Back

1&2,3&4 Cross Shuffle R, L, R, Step L to side bumping hips L, R, L,
5&6,7&8 Cross Shuffle R, L, R, Turn ¼ L & Step fwd on L, Replace on R, Step back on L

R Sailor Step, Back, Back, L Coaster Step, Heel Ball Forward

1&2 Step R behind L, Step L to Side, Step R to Side
3,4 Sweep L & step behind R, Sweep R & Step behind L
5&6 Step back on L, Step R beside L, Step L forward
7&8 Touch R Heel forward, Step R beside L, Step forward on L

**There is a Restart on wall 4 after 16 beats* you will be at 3 0'cl,
Start again from beginning**

**The Last Repeat of dance on wall 7 is also 16 Beats,
Change the ¼ Pivot to ½ Pivot to face the front wall & step tog.**

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