

Heartbeat

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Chip Hubbard (USA) - August 2015
音樂: Heartbeat - Beckah Shae : (amazon)



Start dancing on lyrics

STEP LOCK, STEP LOCK STEP, ROCK RECOVER, SHUFFLE BACK

1-2 Step right forward, lock left behind
3&4 Locking chasse forward, right-left-right
5-6 Rock left forward, recover to right
7&8 Chasse back, left-right-left

SHUFFLE ½ TURN, KICK BALL STEP BACK (TWICE), STEP LEFT, TOUCH RIGHT

1&2 Chasse back right-left-right turning ½ right
3&4 Kick left forward, step left together, step right back
5&6 Kick left forward, step left together, step right back
7-8 Step left forward, touch right toe behind left heel

JAZZBOX TURNING RIGHT, CROSS POINT, CROSS POINT

1-2 Cross right over left, step left back
3-4 Turn ¼ right and step right side, step left together
5-6 Cross right over left, point left toe to left side
7-8 Cross left over right, point right toe to right side

RIGHT SAILOR TURNING ½, SIDE ROCK STEP, BEHIND SIDE CROSS, SIDE ROCK STEP

1&2 Sweep right from side to back and cross right behind, turn ½ right and step left side, step right
3-4 Rock out left, recover right
5&6 Step left behind right, step out right, cross left over right
7-8 Rock out right, recover left

REPEAT

(On last drumbeat of the song, step ¼ turn left ending on left foot and facing the 12:00 wall)

Contact: chiphubbard@gmail.com