

Heartbeats

拍數: 64 牆數: 2 級數: Improver
編舞者: Chas Oliver (UK) - August 2015
音樂: In A Heartbeat - Rodney Atkins



#32 Count intro. Starts just after vocals.

Section 1. rock right out to side, then behind, walk forward R. & L. right shuffle forward.

1,2,3,4 Rock Right out to side, Rock Right behind Left,
5,6,7&8 walk forward Right, then Left, step forward Right, step Left to Right, step forward Right.

Section 2. Rock Left out to side, then behind, walk forward L & R, then Left shuffle.

1,2,3,4 Rock Left out to side, rock Left behind right,
5,6,7&8 walk forward Left then Right, step forward Left, step Right to Left, step forward Left.

Section 3, Weave Left, rock forward, shuffle ½ turn Right.

1,2,3,4 Cross Right over Left, step Left, to side, step Right behind Left, step Left to side,
5,6,7&8 rock forward onto Right, recover onto Left, turn ½ turn Right step onto Right, step left to right,
step forward onto Right.

Section 4. Weave Left, rock out recover, cross shuffle Right. Step

1,2,3,4 step Left to side, step Right behind Left, step Left to side, step Right over Left,
5,6,7&8 rock Left out to side, recover onto Right, cross Left over Right, step Right to side, step Left
over right.

Section 5, ¼ Paddle turn Left x 2. right rocking chair.

1,2,3,4 step forward onto Right turn ¼ turn to Left, step forward Right, turn ¼ turn left,
5,6,7,8 rock forward onto Right, recover onto Left, rock back onto Right, recover onto Left.

Section 6. Charleston steps and reverse ½ turn.

1,2,3,4 Step forward onto Right, kick Left forward, step back onto Left, touch Right back,
5,6,7,8 step forward onto Right, kick Left forward, touch Left back turn left ½ turn. (reverse turn)

Section 7, Rumba box.

1,2,3,4 Step Right to side, step Left to right, step Forward onto Right, touch Left to right, step
5,6,7,8 Left to side, step Right to Left, step back onto Left, touch Right next to Left.

Section 8. coaster step, and jazz box

1,2,3,4 Step back onto Right, step Left next to right, step forward onto right, brush Left pass
5,6,7,8 Right, cross Left over Right, step back onto Right, step Left to side, touch Right next to Left.

Start Again. No Tags no Restarts

Ending do an extra rocking chair after rocking chair on wall 5. facing 12 o' clock

Last Update – 29th Aug 2015