

A Single Heartbeat

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - February 2016
音樂: As Long as We're In Love - Ronan Keating : (Album: Time Of My Life)



Start after 16 count into (approx. 9 secs) – 3mins – 144bpm

Music Available: Amazon as an Mp3 download

[1-8] □ R chassé, L back rock/recover, L kick ball cross, syncopated ½ R hinge cross

1&2 Step R side, step L together, step R side
3-4 Rock L back, recover weight on R
5&6 Kick L on left diagonal, step L back, cross step R over L
7&8 Turning ¼ right step L back, turning ¼ right step R side, cross step L over R (6 o'clock)

[9-16] □ R side rock/recover, R together, L side, R cross step, L side, ¼ R toaster, L fwd

1-2& Rock R side, recover weight on L, step R together
3-5 Step L side, cross step R over L, step L side
6&7 Turning ¼ right step R back, step L together, step R forward (9 o'clock)
8 Step L forward

WALL 2 RESTART: During wall 2 dance first 16 counts and restart the dance facing the back wall

[17-24] □ R fwd rock/recover, R back ball cross, R back, ½ L, ½ L, L coaster

1-2& Rock R forward, recover weight on L, step R back
3-4 Cross step L over R (body on right diagonal), step R back
5-6 Turning ½ left step L forward, turning ½ left step R back
7&8 Step L back, step R together, step L forward (9 o'clock)

[25-32] □ R side rock/recover, R cross step, L side rock/recover, L cross step, R jazz box ball cross 2X

1&2 Rock R side, recover weight on L, cross step R over L
3&4 Rock L side, recover weight on R, cross step L over R
5-6 Cross step R over L, step L back
&7 Step R side, cross step L over R
&8 Step R side, cross step L over R

TAG: END OF WALL 4 and WALL 7 (both facing front wall). Add the following 4 counts

1-2 Step R side, touch L side
3-4 Turning ¼ left step L forward, touch R together

BIG ENDING: Facing 3 o'clock dance 1st 6 counts & on counts 7-8 unwind 1¼ left to face 12 o'clock & strike a pose! Or ¼ left will work too!

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