

# 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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