

Heartbeat

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Virginia W. F. Tsui (CAN) - May 2018
音樂: Uptown Funk by Haschak Sisters



Start after 32 count intro

BACK ROCK, HEEL STEP CROSS, SIDE TOGETHER SIDE, HEEL GRIND ¼ TURN LEFT

1 2 Step back on right, recover onto left
3& 4 Touch right heel forward, step back on right, cross left over right
5& 6 Step right to side, step left next to right, step right to side
7 8 Cross left heel over right, & make a ¼ turn left, (weight on right) (9.00)

COASTER STEP, ¼ TURN LEFT, ROCKING CHAIR, ¼ TURN RIGHT

1 &2 Step left back, step right next to left, step left forward
3 4 Step forward on right, and make a left ¼ turn on left
5&6& (With body diagonally to left) step right forward, recover onto left, step back on right, recover onto left
7 8 Step forward on right, & make a ¼ turn right with left foot flick behind (9.00)

ROCKING CHAIR, ¼ TURN LEFT, CROSS, BACK, FULL TURN RIGHT

1&2& (With body diagonally to right) step left forward, recover onto right, step back on left, recover onto right
3 4 Step forward on left, and make a ¼ turn left with right foot flick behind
5 6 Cross right over left, step back on left
7 8 Step right forward ½ turn right, stepping left back ½ turn right (6.00)

BACK ROCK, LOCK, FWD, FWD, LOCK, SIDE, TOGETHER, ¼ TURN RIGHT, ½ TURN RIGHT, BACK SHUFFLE

1 & 2 Step back on right, recover onto left,
&3&4 Lock right behind, step forward on left, step forward on right, lock left behind
5 & 6 Step right to side, step left next to right, make a ¼ turn right stepping forward on right
7 & 8 (Make a ½ turn right) step back on left, step right next to left, step back on left (3.00)

ENJOY!!!