

# Elastic Heart

拍數: 96      牆數: 2      級數: Advanced  
編舞者: Fiona Murray (IRE) & Roy Hadisubroto (IRE) - January 2020  
音樂: Elastic Heart (feat. The Weeknd & Diplo) - Sia



Intro: After 16 counts

Note: We have doubled the timing to try and make it easier to learn, hence the difference to normal timing in the nightclub section.

Restart on 5th wall after 64 counts

## [1 – 8] Drag In, Ball Step Hold, Step Hold, Touch Step Hold

1 - 2      Strike R out to R side and begin drag in towards L (1), Finish R drag towards L (2) 12:00  
& 3 - 4      Step R next to L (&), Step L forward (3), Hold (4) 12:00  
5 - 6      Step R into R diagonal (5), Hold, (6) 12:00  
& 7 - 8      Touch L next to R (&) Step L into L diagonal (7), Hold (8) 12:00

## [9 – 16] Cross Rock Hold, Ball Step Hold, Syncopated Sailor Steps, Touch, Point, Touch

1 - 2      Cross R behind L rocking on ball of R (1), Hold (2), 12:00  
& 3 - 4      Recover on L (&), Step R to R side (3), Hold (4) 12:00  
& 5 & 6      Cross L behind R (&), Step R to R side (5), Step L to L side (&), Cross R behind L (6) 12:00  
& 7 & 8 &      Step L to L side (&), Step R to R side (7), Touch L next to R (&), Point L to L side (8), Touch L next to R (&) 12:00

## [17 – 24] Slide, Hitch Cross, Unwind, Sweep x2, Pony Step

1 - 2      Slide L to L side (1), Drag R towards L (2) 12:00  
& 3 & 4      Hitch R (&), Cross R over L (3), Unwind  $\frac{5}{8}$  Turn L weight ended on R (4) 4:30  
5 - 6      Step L backwards while sweeping R from front to back (5), Step R backwards while sweeping L from front to back (6) 4:30  
7 & 8      Step L backwards and Hitch R knee (7), Recover in place on ball of R (&), Step L backwards and Hitch R knee (8) 4:30

## [25 – 32] Slow Motion Run x2, Run x2, Kick Ball Point, $\frac{1}{4}$ Turn

1 - 2      Step R forward while brushing L backwards (1-2) 4:30  
3 - 4      Step L forward while brushing R backwards (3-4) 4:30  
5 & 6 &       $\frac{1}{8}$  Turn L Step R forward while brushing L backwards (5),  $\frac{1}{8}$  Turn L Step L forward while brushing R backwards (6) 3:00  
7 & 8 &      Kick R forward (7), Close R next to L (&), Point L backwards (8),  $\frac{1}{4}$  Turn L split weight between feet (&) 12:00

## [33 – 40] Dip Hold, Slow Snake, Snake x2, Chassé

1 - 2      Bend both knees (1), Hold (2) 12:00  
3 - 4      Slowly snake to the L (3-4) 12:00  
5 - 6      Snake to the R (5), Snake to the L (6) 12:00  
7 & 8      Step R to R side (7) Close L next to R (&) Step R to R side (8) 12:00

## [41 – 48] Step Sweep, Cross with Knee Pop Hold, $\frac{1}{2}$ Turn with Knee Pops, Weave

1 - 2      Step L backwards while sweeping R from front to back (1-2) 12:00  
3 - 4      Cross R behind L while popping L knee (3), Hold (4) 12:00  
5 - 6       $\frac{1}{4}$  Turn L Step L forward while popping R knee forward (5),  $\frac{1}{4}$  Turn L Step R to R side while popping L knee forward (6) 6:00  
7 & 8      Cross L behind R (7), Step R to R side (&), Cross L over R (8) 6:00

### **[49 – 56] Jump Together, Hold, ¼ Pivot (Arms)**

- & 1 - 2 Step R to R side (&), Close L next to R (1), Hold (2) 6:00  
3 - 4 Step R forward (3), Hold (4) 6:00  
& 5 - 6 Slowly begin ½ Turn L on ball of feet (&), Finish ½ Turn L weight on R (5-6) 12:00  
& 7 - 8 Touch L backwards (&), ¼ Turn L transferring weight onto L (7) Rotate upperbody ¼ Turn L (7-8) 9:00

#### **Arms:-**

- 3 - 4 Swing R arm from R side to in front of body, bent at the elbow at 90-degree angle, handpalm goes from opened to closed (as if grabbing something) (3-4)  
5 - 6 R arm begins to cross body towards L hip (5), R fist hits off L fist, L arm moves away going behind back (6)  
7 - 8 L hand tips R elbow (7), R arm moves away creating "wave" beginning at elbow finishing out in front of body (8)

**Tip: Break down of counts in this section is complex as body leads before feet. Just think of following your arm movements (Grab, L fist, R elbow, Wave)**

### **[57 – 64] Knee Pops, Pony Step, ¼ Turn Chasse**

- 1 - 2 Transfer weight onto R while popping L knee forward and looking to R side (1), Hold (2) 9:00  
& 3 - 4 Pop R knee forward while straightening L leg (&), Pop L knee forward while straightening R leg (3), Hold (4) 9:00  
5 & 6 Step L backwards and Hitch R knee (5), Recover in place on ball of R (&), Step L backwards and Hitch R knee (6) 9:00  
& 7 & 8 ¼ Turn R Step R to R side (&), Close L next to R (7), Step R to R side (&), Close L next to R (8) 12:00

**Styling Option: Place R hand over mouth on count 1. This alternates to hand being on heart depending on what she sings**

**\*\*RESTART**

### **[65 – 72] Basic Nightclub Diamond**

- 1 - 2 - 3 - 4 Step R to R side (1), Hold (2), ⅛ Turn L Step L backwards (3), Step R backwards (4) 10:30  
5 - 6 - 7 - 8 ⅛ Turn L Step L to L side (5), Hold (6), ⅛ Turn L Step R forward (7), Step L forward (8) 7:30  
7 - 8 Turn 1/8 L and Step R forward, Step L forward 7:30

### **[73 – 80] ¼ Turn Lean, Walk x2, Mambo Step, Leg Flick ½ Turn**

- 1 - 2 - 3 - 4 ¼ Turn L Step R to R side (1), Lean to R side (2), ¼ Turn Step L forward (3), Step R forward (4) 1:30  
5 - 6 - 7 - 8 & Rock L forward (5), Recover onto R (6), Step L backwards (7), Brush R backwards (8), ½ Turn R Hitch R knee (&) 7:30

### **[81 – 88] Sweep, Jazz box, Press Recover**

- 1 - 2 Step R forward while beginning L sweep from back to front (1), Finish L sweep from back to front (2) 7:30  
3 - 4 Cross L over R (3), ⅛ Turn L Step R backwards (4), 6:00  
5 - 6 Step L out to L side split weight between feet, Start rotating upper body ¼ Turn L towards 3 o'clock (5), Press into ball of R, Finish rotating upper body ¼ Turn L (6) 6:00  
7 - 8 Upper body rotates ¼ Turn R towards 6 o'clock (7), Recover weight onto L (8) 6:00

#### **Arms:-**

- 5 Hands come in front of chest R hand above L hand (not touching), R hand palm facing downward L hand palm facing upward, hands open to front rotating clockwise (switching places)  
6 Hands finish closed with L hand on top of R hand while pushing both arms forward  
7 Pull both arms back to centre

### **[89 – 96] Press Hold, Close, Press Hold, Press Switches, Ball Point, Lean**

- 1 - 2 Press ball of R forward (1), Hold (2) 6:00  
& 3 - 4 Close R next to L (&), Press ball of L forward (3), Hold (4) 6:00

- a 5 a 6 a      Close L next to R (a), Press ball of R forward (5), Close R next to L (a), Press ball of L forward (6), Close L next to R (a) 6:00
- 7 & 8 &      Touch R to R side (7), Transfer weight from L to R (8), Close L next to R (&) 6:00
- Challenge! Isolation for counts 89-96 IF YOU DARE TO!!**
- 1 - 2      Press ball of R forward (1), Pull L shoulder back bringing R shoulder forward (2)
- & 3 - 4      Close R next to L (&), Press ball of L forward (3), Pull R shoulder back bringing L shoulder forward (4)
- a 5 & a 6 &      Close L next to R (a), Press ball of R forward (5), Pull L shoulder back bringing R shoulder forward (&), Close R next to L (a), Press ball of L forward (6), Pull R shoulder back bringing L shoulder forward (&)
- a 7 & a 8 &      Close L next to R (a), Touch R to R side (7), Squaring shoulders back towards 6 o'clock, Bring R shoulder up while beginning weight transfer from L to R (&), Bring L shoulder up continue weight transfer (a), Bring R shoulder up finishing weight transfer (8), Close L next to R (&)

**START AGAIN AND HAVE FUNNNN  
DARE TO BE UNIQUE**

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