

Can't You Hear My Heartbeat

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Cathy Dacumos (USA) & Claudio Dacumos (USA) - March 2020
音樂: Can't You Hear My Heartbeat - Herman's Hermits : (Album: Retrospective-Remastered)



Intro: 16 counts - Starts with weight on left foot

One easy 12 count tag that happens 3 times during the dance-see below

Section 1: Right toe strut, left toe strut, rocking chair (12 o'clock)

- 1-2 Touch right toe forward, step right heel down
- 3-4 Touch left toe forward, step left heel down
- 5-6 Rock forward onto right foot, recover back onto left foot
- 7-8 Rock back onto right foot, recover forward onto left foot

Section 2: Right toe strut, left toe strut, shuffle ½ turn left, step back on left foot, drag right foot back

- 1-2 Touch right toe forward, step right heel down
- 3-4 Touch left toe forward, step left heel down
- 5&6 Turn ¼ left stepping right foot to side, step left foot next to right, turn ¼ left stepping right foot back (shuffle ½ turn left traveling back toward 12 o'clock) (6 o'clock)
- 7-8 Take big step back with left foot, drag right foot back toward left foot (weight remains on left)

Section 3: Rock back, recover, kick-ball-change, Monterey ¼ turn right

- 1-2 Rock back onto right foot, recover forward onto left foot
- 3&4 Kick right foot forward, step down briefly on right foot, change weight to left foot
- 5-6 Point right foot out to right side, make ¼ turn right changing weight to right foot (9 o'clock)
- 7-8 Point left foot out to left side, bring left foot in next to right foot and change weight to left foot

Section 4: Shuffle right, rock back, recover, shuffle left, rock back, recover

- 1&2 Step right foot to right side, step left foot next to right foot, step right foot to right side
- 3-4 Rock left foot behind right foot, recover forward onto right foot
- 5&6 Step left foot to left side, step right foot next to left foot, step left foot to left side
- 7-8 Rock right foot behind left foot, recover forward onto left foot

TAG: A 12 count tag is needed at the ends of Wall 2 (facing 6 o'clock), Wall 4 (facing 12 o'clock) and Wall 7 (facing 3 o'clock) The first 8 counts of the tag is to repeat the last 8 counts of the dance (all of section 4), then add the following 4 counts: Step right foot to right side on count 1, drag left foot towards right over counts 2 and 3, step down on left foot on count 4. During these 4 counts, shimmy shoulders. Then start the dance again from the beginning.

NOTE: Each time the Tag is coming, you will hear the lyrics "Cause you're the one I love", this phrase will be repeated, this is where you repeat the last 8 counts of the dance. Then there will be a 4 count instrumental piece, this is where you do the shimmy. It happens exactly the same way all 3 times.