

# Dance To The Beat (Of Your Heart)

**COPPER** KNOB  
BY STEPSHEETS

拍數: 32                      牆數: 2                      級數: Improver  
編舞者: Wanda Heldt (AUS) - July 2020  
音樂: Tena Clark and Tim Heintz - Break The Chain



Movement to help women Break the Chain of Violence against them.

Alternate Music:- Boogie Shoes by Glee Cast / Billie Jean by M.Jackson

Split floor:- Do It Like This by Daphna Willis. / Das Vi Daniya / Funk It Out / Better When I'm Dancing.

And for Christmas - Do They Know It's Christmas [Feed The World] by The Fire Tones] See lyrics

So'Dance to the beat of your Heart' Spread Joy, Love, Reach out to those in need. xx

I choreograph dances to be used as split floor as it's easy to pick up on the floor at socials. My main aim is always to keep my Beginners & Guests on the dance floor and never feel left out.

## S1. WALK FORWARD R.L.R, KICK,WALK BACK, L.R. LEFT COASTER STEP

1-4                      Walk forward, R.L.R. Left kick. [Prissy walk if so wish] Walk back L.R.  
5-6                      Step back on Left, Step Right next to Left, Step forward on Left.  
7&8                      Step back on Left Step Right next to Left, Step forward on Left

## S2. RIGHT VINE, KICK, LEFT VINE, KICK or ROLLING VINE

1-2                      Step Right to Right side, Step Left behind Right,  
3-4                      Step Right to Right side, Touch Left next to Right.  
5-6                      Step Left to Left side, Step Right behind Left,  
7-8                      Step Left to Left side, Touch Right next to Left.

## S3. STEP RIGHT, STEP LEFT BEHIND, 1/4 TURN LEFT SHUFFLE FORWARD R.L.R or HOLD, LEFT FORWARD, 1/4 TURN RIGHT, CROSS SHUFFLE L.R.L or HOLD

1-2                      Step Right to Right side, Step Left behind Right with a 1/4 turn Right [Wt.on L] [3:00]  
3&4                      Shuffle forward R.L.R. or Hold.  
5-6                      Step forward on Left, turn a 1/4 Right recover [Wt. on R].  
7&8                      Cross Left over Right, Step Right to Right, Cross Left over Right or Hold. [6:00]

## S4. STEP RIGHT [push hip to R], TOUCH, STEP LEFT [push hip to L, TOUCH, STEP RIGHT [push hip to R, TOUCH, STEP LEFT [push hip to L, TOUCH

1-2                      Step Right and push hip to Right side, Touch Left heel next to Right.  
3-4                      Step Left push hip out to Left side, Touch Right heel next to Left.  
5-6                      Step Right push hip out to Right side, Touch Left heel next to Right.  
7-8                      Step Left push hip to Left side, Touch Right toe next to Left.

Restart..... HAVE FUN IN LIFE & IN DANCE

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