

# Beating Heart

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Helen Ng (AUS) - December 2020  
音樂: Head & Heart (feat. MNEK) - Joel Corry



Original Position: feet together weight on left foot  
#16 Count Intro

## [1-8] Samba Step, Cross ¼ Back Together, V Step

1&2      Cross R over L, Step L to L side, Replace R on spot  
3&4      Cross L over R, (turn ¼ L) Step back R, Step L next to R (& Push)  
5,6      Step R fwd. onto R Diagonal (45 deg.), Step L fwd. onto L diagonal (45deg.)  
7,8      Step R back to centre, Step L beside R

## [9-16] Walk Walk, Step Pivot ½, Shuffle Fwd., Double R Hip Bump

1,2      Walk fwd. R, Walk fwd. L  
3,4      Step R fwd., Pivot ½ L (keep weight back on R, pop L knee)  
5&6      Step L fwd., Step R next to L, Step L fwd.  
7&8      Step R to R side, with a double R hip Bump

## [17-24] Sailor ¼ Turn, Pivot ½ Turn, Full Turn, Stomp Stomp

1&2      Step L behind R, Step R to the side, ¼ turn L, Step L fwd. (L-R-L)  
3 4      Step R fwd., Pivot ½ L (taking weight on L)  
5,6      (turn ½ L) Step back R, (turn 1/2 L), Step L fwd.  
7,8      Stomp R to R side, Stomp L to L side

## [25-32] Kick Ball Tap, Kick Ball Point, Touch Behind Unwind

1&2      Kick R fwd., Step R next to L, Tap L next to R  
3&4      Kick L fwd., Step L next to R, Point R to R side  
5,6,7      Touch R behind L Unwind ½ R (bounce heel twice)  
8      Continue ¼ turn R with weight on L

Ending: AT Wall 10, (LAST 4 COUNT UNWIND) ¼ R, BOUNCE LEFT HEEL 3 TIMES TO THE FRONT, 12 O'CLOCK

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