

# Albany Heartbeats

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Mary Bee Friedrich (DE) - 28 August 2021  
音樂: Albany (feat. Roger Whittaker) - DJ Herzbeat



Motion: Novelty/ Modern Country/ Pop  
Intro: 24 Count - Starts with singing...Albany

## Section 1: Weave R/L

1 - 2      RF step to right side, LF cross behind RF  
3 - 4      RF step to right side, LF touch to RF  
5 - 6      LF step to left, RF cross behind LF!  
7 - 8      LF step to left, RF touch to LF

## Section 2: Walk fwd. Kick (and Clap), Walk Back, Touch

1 - 2      RF step fwd., LF step fwd.  
3 - 4      RF step fwd., LF kick fwd. and clap your hands  
5 - 6      LF step back, RF step back  
7 - 8      LF step back, RF touch to LF

## Section 3: ¼ Turn L, Touch, Side Touch, Coaster Step, Hold

1 - 2      RF ¼ turn to left side, LF touch to RF and sway to the right side with both arms  
3 - 4      LF step to left side, RF touch to LF and sway with both arms to the left side  
5 - 6      RF step back, LF close to RF.  
7 - 8      RF step fwd., Hold

## Section 4: Shuffle, Scuff, Jazz Box

1 - 2      LF step fwd., RF close to LF.  
3 - 4      LF step fwd., RF scuff fwd. with heel.,  
5 - 6      RF cross over LF, LF step diagonal back  
7 - 8      RF step diagonal back, LF close to RF with full weight

## Have Fun - Move slowly / Clap and Sway ☐

The Music has normaly one restart, but the beginner moves completly the hole track without, because it's working also.

RF > right foot :: LF > left foot :: bwd.s > backwards/back :: fwd.> forward

Contact: [marybeefriedrich@web.de](mailto:marybeefriedrich@web.de)

[www.linedancefoundation.com](http://www.linedancefoundation.com) 1.LDF Ambassador Germany

FB > Mary Bee Friedrich / Mary Bee Line Dance Channel / LineDanceFriendship Germany

LDFWW - LineDanceFriendshipWorkshopWeekend > [ldfww@outlook.de](mailto:ldfww@outlook.de)

Instagram > [Marybeefriedrich](https://www.instagram.com/marybeefriedrich)

[www.linedancefriendship.de](http://www.linedancefriendship.de)

Last Update: 21 Sep 2023