

Heartbeat Dance

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 4 級數: Improver
編舞者: EWS Winson (MY) - March 2023
音樂: Heartbeat - Jasmine Rae



Intro : 32 counts in (Approx 0.19 sec)

Note(s) : There is a Restart and a Tag. Restart happens on Wall 3 after 16 counts. Tag happens at the end of Wall 7.

#1 (1-8) R Side Rock & Recover, R Cross Shuffle, ¼ (R) with L Back, ¼ (R) with R Forward, L Forward Shuffle

1-2 Weight on LF: Rock RF to R side (1), recover weight on LF (2) 12.00
3&4 Cross RF over LF (3), step LF to L side (&), cross RF over LF (4) 12.00
5-6 Turn ¼ R stepping LF back (5), turn another ¼ R stepping RF forward (6) 6.00
7&8 Step LF forward (7), close RF next to LF (&), step LF forward (8) 6.00

#2 (9-16) R Forward Diagonal Point with Hips Pushed, R Close, L Forward Diagonal Point with Hips Pushed, L Close, R-L Toe & Heel Syncopation, R Pivot ½ (L)

1-2 Point R toes forward to R diagonal while pushing hips forward (1), close RF next to LF (2) 6.00
3-4 Point L toes forward to L diagonal while pushing hips forward (3), close LF next to RF (4) 6.00
5&6& Touch R toes beside LF (5), step RF in place (&), touch L heel forward (6), step LF in place (&) 6.00
7-8 Step RF forward (7), turn ½ L over L shoulder (8) *** 12.00

Restart here on Wall 3. Begin the dance again, facing 6.00 o'clock.

#3 (17-24) R-L Syncopated Diagonal Rocking Steps, R Forward Rock & Recover, Triple Full Turn (R)

1-2& Rock RF forward to R diagonal (1), recover weight on LF (2), close RF next to LF (&) - open body to L diagonal 1.30
3-4& Rock LF back to L diagonal (3), recover weight on RF (4), close LF next to RF (&) - square up to original wall 12.00
5-6 Rock RF forward (5), recover weight on LF (6) 12.00
7&8 Make a triple full turn over R shoulder stepping RF-LF-RF on the spot (7-&-8) 12.00

#4 (25-32) L Forward, R Forward Brush, R Back Cross Lock Steps, L Back, ¼ (R) with R Side, L Cross Shuffle

1-2 Step LF forward (1), brush RF forward (2) 12.00
3&4 Cross lock RF over LF (3), step LF back (&), cross lock RF over LF (4) 12.00
5-6 Step LF back (5), turn ¼ R stepping RF to R side (6) 3.00
7&8 Cross LF over RF (7), step RF to R side (&), cross LF over RF (8) *** 3.00

Tag here at the end of Wall 7. Begin the dance again, facing 6.00 o'clock.

L-R Syncopated Circular Hip Bumps with Heels Bounced

1&2&3&4& Step RF to R side circling hips in a clockwise direction as you bounce heels for 8 times (1-&-2-&-3-&-4-&) - weight ends on LF

Email(s) : winsonews@gmail.com

Contact no(s) : +60-172790733

Website(s) : <https://sites.google.com/view/dancejournal>