

Heartbeat

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Elisabeth Elkuch-Heid (CH/LIE) - April 2023
音樂: Heartbeat - Davina Michelle



[1-8] Back Rock Step R (with L Arm straight fwd up & R Arm Ellbow back), Recover L (Both arms - hands meet in front), Shuffle R Fwd, Rock L Fwd Recover, Shuffle 1/2 Turn L

1,2 Rock R Back (L Arm straight Fwd up & L Ellbow Back), Recover L (Arms - hands meet in front)
3&4 Step R Fwd, Step L next to R, Step R Fwd
5,6 Rock L Fwd, Recover R
7&8 Shuffle 1/2 Turn L: Step L 1/4 Turn L Back, Step R next to L, Step L 1/4 Turn L

[9-16] 1/4 Turn L With R to R, Recover L, Behind Side Cross, Side Rock Recover, Behind Side Cross (3)

1,2 1/4 Turn L With R to R, Recover L (3)
3&4 Step R Behind L, Step L to L, Step Cross R over L
5,6 Step L to L, Recover R
7&8 Step L Behind R, Step R to R, Step Cross L over R

[17-24] Diagonal R: Touch R Toe Fwd, Touch R Toe Fwd (moving R Side Body Fwd), Rock R Fwd, Recover L, Step R next to L, Diagonal L: Touch L Toe Fwd, Touch L Toe Fwd (moving L Side Body Fwd), Rock L Fwd, Recover R, Step L next to R

1&2 Touch R Toe Diagonal R Fwd, Touch R Toe Fwd, Rock R Fwd
3,4 Recover L, Step R next to L
5&6 Touch L Toe Diagonal L Fwd, Touch L Toe Fwd, Rock L Fwd
7,8 Recover R, Step L next to R

[25-32] Chassée R 1/4 Turn R, Chassée L 1/4 Turn R, Hip Sways R,L, Shuffle 1/4 Turn R Fwd

1&2 Step R to R, Step L next to R, Step R to R with 1/4 Turn R
3&4 1/4 Turn R & Step L to L, Step R next to L, Step L to L
5,6 Hip Sways: to R, to L
7&8 1/4 Turn R with Step R Fwd, Step L next to R, Step R Fwd
Restart here during Wall 6 with Step Change: 7,8: 1/4 Turn R with R, Step L next to R (12)

[33-40] Diagonal L: Step Lock, Shuffle L Fwd, Diagonal R: Step Lock, Shuffle R Fwd

1,2 Step L Diagonal Fwd, Step R next to L
3&4 Step L Diagonal Fwd, Step R next to L, Step L Diagonal Fwd

Restart here during Wall 5 (12)

5,6 Step R Diagonal Fwd, Step L next to R
7&8 Step R Diagonal Fwd, Step L next to R, Step R Diagonal Fwd

[41-48] Jazz Box 1/4 Turn L, Jazz Box 1/4 Turn L, Scuff

1-4 Cross Step L over R, Step R Back with 1/4 Turn L, Step L to L, Step R next to L
5-8 Cross Step L over R, Step R Back with 1/4 Turn L, Step L to L, Scuff R Fwd

Restart here during wall 2 (12)

[49-56] Diagonal R: Step Lock, Shuffle R Fwd, Diagonal L: Step Lock, Shuffle L Fwd

1,2 Step R Diagonal Fwd, Step L next to R
3&4 Step R Diagonal Fwd, Step L next to R, Step R Diagonal Fwd
5,6 Step L Diagonal Fwd, Step R next to L
7&8 Step L Diagonal Fwd, Step R next to L, Step L Diagonal Fwd

[57-64] Jazz Box, Scuff L, L Toe Heel Stomp, Walk R, L

1-4 Cross Step R over L, Step L Back, Step R to R, Scuff L
5&6 Touch L Toe next to R, Touch L Heel next to R, Stomp L next to R
7,8 Walk Fwd: R, L

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