

# Make My Heartbeat

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Lisa B. Martin  
音樂: Heartbeat - Jeanette



## STEP FORWARD TOUCH, STEP BACK TOUCH, SIDE BEHIND & CROSS, PIVOT

1-2      Step forward on right, touch left behind right  
3-4      Step back on left, touch right beside left  
5-6      Step right to right side, step left behind right  
&7-8      Step right to right side, cross left over right, pivot ¼ turn right weight

## STEP FORWARD TOUCH, STEP BACK TOUCH, SIDE BEHIND & CROSS, PIVOT

1-2      Step forward on right, touch left behind right  
3-4      Step back on left, touch right beside left  
5-6      Step right to right side, step left behind right  
&7-8      Step right to right side, cross left over right, pivot ¼ turn right weight

## MAMBO FORWARD, STEP BACK ½ PIVOT STEP, MAMBO FORWARD, STEP BACK ½ PIVOT STEP

1&2      Step forward on right, recover on left, step right beside left  
3-4      Step left foot back, pivot ½ turn left, step down on left  
5&6      Step forward on right, recover on left, step right beside left  
7-8      Step left foot back, pivot ½ turn left, step down on left

## SHUFFLE FORWARD, ROCK FORWARD RECOVER, SHUFFLE BACK, ROCK BACK RECOVER

1&2      Step forward on right, step left beside right, step forward on right  
3-4      Rock forward on left, recover on right  
5&6      Step back on left, step right beside left, step back on left  
7-8      Rock back on right, recover on left

## SHIMMY STEP, TOUCH HOLD, SHIMMY STEP, TOUCH HOLD

1&2      Shimmy body to right while stepping right foot to right side  
3-4      Touch left beside right, hold  
5&6      Shimmy body to left while stepping left to left side  
7-8      Touch right beside left, hold

## JAZZ BOX ¼ CLAP, JAZZ BOX ¼ CLAP

1-2      Cross right foot over left, step back on left  
3-4      Step right foot to right side with a ¼ turn right, step left beside right & clap hands  
5-6      Cross right foot over left, step back on left  
7-8      Step right foot to right side with a ¼ turn right, step left beside right & clap hands

## SHIMMY STEP, TOUCH HOLD, SHIMMY STEP, TOUCH HOLD

1&2      Shimmy body to right while stepping right foot to right side  
3-4      Touch left beside right, hold  
5&6      Shimmy body to left while stepping left to left side  
7-8      Touch right beside left, hold

## JAZZ BOX ¼ CLAP, JAZZ BOX ¼ CLAP

1-2      Cross right foot over left, step back on left  
3-4      Step right foot to right side with a ¼ turn right, step left beside right & clap hands  
5-6      Cross right foot over left, step back on left

7-8 Step right foot to right side with a  $\frac{1}{4}$  turn right, step left beside right & clap hands

**REPEAT**

**TAG**

**At the end of wall 2 and 4 perform this 8 count tag**

**WALKS FORWARD, STEP TOUCH, WALKS BACK, STEP TOUCH**

1-2 Walk forward on right, left

3-4 Walk forward right, touch left behind right

5-6 Walk back left, right

7-8 Walk back left, touch right beside left

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