

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
