

In A Heartbeat

拍數: 64 牆數: 4 級數: Improver
編舞者: Kevin Smith (AUS) & Maria Smith (AUS)
音樂: In A Heartbeat - Rodney Atkins



STEP FORWARD, DRAG, STEP FORWARD, DRAG, ½ TURN, HOLD

1-2-3-4 Step forward left, drag right to left, step forward right, drag left to right
5-6-7-8 Step forward left, step forward right, ½ pivot turn left step left forward, hold

STEP FORWARD, DRAG, STEP FORWARD, DRAG, ½ TURN, HOLD

1-2-3-4 Step right forward, drag left to right, step forward left, drag right to left
5-6-7-8 Step forward right, step forward left, ½ pivot turn right step right forward, hold

STEP SIDE, BEHIND, SIDE, DRAG & CROSS, SIDE SHUFFLE

1-2-3-4 Step left to side, cross right behind left, step left to side, drag right to left slightly behind
5&6-7&8 Step right, & step left to side, cross right in front of left, side shuffle left-right-left

ROCK, ¼ TURN, SHUFFLE, STEP, TURN, CROSS SHUFFLE

1-2-3&4 Rock right across left, take weight left, ¼ turn right shuffle forward right-left-right
5-6-7&8 ¾ turn right step forward left-right, (facing front wall) cross shuffle left-right-left

ROCK FORWARD, BACK, CHA-CHA, ROCK BACK, FORWARD ¼ TURN, CHA-CHA

1-2-3&4 Rock forward right, rock back left, cha-cha back right-left-right
5-6-7&8 Rock back left, rock forward, right, ¼ turn right cha-cha left-right-left

ROCK FORWARD, BACK, SWEEP BACK, ROCK BACK, ROCK FORWARD, HOLD

1-2-3-4 Rock forward right, back left, swing right back (1 beat), step back on right
5-6-7-8 Rock back left, rock back right, step forward left, hold

ROCK ¼ TURN, SIDE SHUFFLE, ROCK SIDE, SHUFFLE

1-2-3&4 Rock forward right, rock back left, ¼ turn right side shuffle right-left-right
5-6-7&8 Rock left over right, take weight right, side shuffle left-right-left

4 X HIP BUMPS RIGHT-LEFT-RIGHT-LEFT, CROSS UNWIND ¾ TURN, HOLD

1-2-3-4 Hip sways right-left-right-left
5-6-7-8 Cross right over left, unwind turn left (2 beats), hold (transfer weight on right)

REPEAT
