

Heart Beat

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Bill Lancaster (AUS)
音樂: You Still Got It - Ricochet



HEEL ROCKS

- 1-2 Step right heel forward; step left heel forward; (weight is on both heels)
- 3-4 Step right foot back home; step left foot back home; (stand in normal position)
- 5-6 Step right heel forward; step left heel forward; (weight is on both heels)
- 7-8 Step right foot back home; step left foot back home; (stand in normal position)

ROCK, KICK, BRUSHUP, HOP

- 1-2 Rock back on right; rock forward on left
- 3-4 Kick right forward scuffing past left; cross right in front & above left knee
- 5-6 Kick right forward; scuff right beside left
- &7-8 Step right back; step back on left; step right forward; (done with a skip forward)

WALK, ¼ MONTEREY

- 1-2-3-4 Walk forward left, right, left; tap right beside left
- 5-6 Right touch to right side; turn ¼ turn to the right step right beside left
- 7-8 Left touch to left side; step left beside right

SIDE STEPS, TOE TOUCH, HOLD

- 1-2-3-4 Step right to side; step left beside right; touch right toe to side, heel raised turning right foot and body ¼ turn to the right while touching brim of hat (right hand) keeping weight on left foot which stays in original position; hold
- 5-6-7-8 Step right to right side bringing right foot back to the same direction as left; step left beside right; tap right toe to side, heel raised turning right foot and body ¼ turn to the right while touching brim of hat keeping weight on left foot which stays in original position; hold

VINE, ¼ TURN KICKBALL CHANGE, HITCH

- 1-2 Step right to right side bringing right foot back to the same direction as left; step left behind right
- 3-4 Step right to side turning ¼ turn to the right; step left together
- 5&6 Right kick forward and bring back and transfer weight to right then quickly to left lifting right
- 7-8 Kick right forward; turn ¼ turn to the left while hitching right knee ¼ turn

CHINE STEPS, ROLLING VINE BACK

- 1&2 Step right in front of left; step left to left side; step right in front of left
- &3 Step left to left side; step right in front of left
- &4 Step left to left side; step right in front of left
- 5-6 Step left back; step back on right turning ½ turn to the right
- 7-8 Step left forward turning ½ turn to the right; tap right beside left

LOCK STEPS

- 1-2-3-4 Step right forward; lock left behind right; step right forward scuff left beside right
- 5-6-7-8 Step left forward; lock right behind left; step left forward; step right beside left

HIPS

- 1-2 Step right slightly to right pushing hips to the right twice
- 3-4 Push hips to the left twice
- 5-6-7-8 Push hips (single) right, left, right, left

REPEAT
