

# Heart Stopper

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Lee Birks (UK)  
音樂: The Heart Stops The Clock - James Bonamy



## AND ROCK, ROCK, SHUFFLE, ROCK, ROCK, SHUFFLE

&1-2      Step left to left side, rock back on right, rock forward on left.  
3&4      Right shuffle forward, stepping right, left, right  
5-6      Rock forward on left, rock back on right  
7&8      Shuffle back on left, stepping left, right, left

## TOUCH, ½ TURN, STEP, HEEL TWIST, JACK, ¾ RONDA SWEEP

1-2      Touch right toe behind, ½ turn over right shoulder (weight on right)  
3&4      Step forward left, weight on balls of both feet twist heels up and to the left and back to center  
5&6      Touch right next to left, step back on right touching left heel forward  
7-8      Replace weight on left, sweep right round to the left to make ¾ turn

## SIDE, TOGETHER, SHUFFLE, CROSS ROCK SHUFFLE

1-2      Step right to right side, close left to right  
3&4      Right shuffle to the right, stepping right, left, right  
5-6      Cross rock to the right, rock back on right  
7&8      Left shuffle left, stepping left, right, left

## CROSS, HOLD, CROSS, HOLD, ¼ TURN HEEL GRIND, COASTER STEP

1-2      Cross right over left, hold  
&3-4      Step left to left side, cross right over left, hold  
5-6      Step left heel out to side & grind left heel, making ¼ turn left  
7&8      Step back on left, close right to left, step forward left

## SHUFFLE, ROCK, ROCK, ½ TURN SHUFFLE, ½ TURN SHUFFLE

1&2      Right shuffle forward, stepping right, left, right  
3-4      Rock forward on left, rock back on right  
5&6      Left shuffle back, making ½ turn over left shoulder, stepping left, right, left  
7&8      Right shuffle forward, stepping right, left, right

## COASTER STEP, ¼ TURN SIDE, SIDE ROCK, SIDE ROCK, SIDE ROCK

1&2      Step back left, close right to left, step forward left  
3-4      Step forward right, making ¼ turn left, lift left heel off floor  
5-6      Step down on left, angle body right, lift right heel off floor  
7-8      Step down on right, angle body left, lift left heel off floor

## REPEAT

For last 6 counts by bending and straightening both knees, and angling your body in the direction of the lifted heel, you will create a down up swing motion or simply do your own thing.