

# Heartbeat

**COPPER KNOB**  
STEPPERS

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Dorothy Krey (CAN)  
音樂: If You Just Let Me Into Your Heart - Mary Chapin Carpenter



## OUT-OUT, CLAP, IN-IN, CLAP

&1            Small step out to the right on right, small step out to left on the left  
2            Hold position and clap  
&3            Small step in on right, small step in on left  
4            Hold position and clap

## OUT-OUT, IN-IN, POINT TO THE SIDE, CROSS & UNWIND

&5            Small step out to the right on right, small step out to the left on left  
&6            Small step in on the right, small step in on the left  
7-8          Touch right toe out to the right side, quickly cross and step right over left and unwind ½ turn to the left

## HIP BUMPS AND HIP SWINGS

9-10          Bump right hip forward twice  
11-12        Bump left hip back twice  
13-16        Swing hips from side-to-side, right-left-right-left

## STEP TOUCHES, ¼ TURN RIGHT

17-18        Step back on right, touch left heel forward.  
19-20        Step back on left, touch right heel forward.  
21-22        Step back on right, touch left heel forward.  
23-24        Step back on left, ¼ pivot to the right on ball of left, and touch right heel forward in direction of the new wall.

## WALK FORWARD, COASTER STEP, WALK BACK COASTER STEP

25-26        Walk forward on right, walk forward on left  
27&28        Step forward on right, step left beside right, step back on right.  
29-30        Walk back on left, walk back on right.  
31&32        Step back on left, step right beside left, step forward on left.

## SIDE TOUCH, STEP ACROSS (TWICE), MODIFIED JAZZ BOX

33-34        Touch right toe to right side, cross and step right over left  
35-36        Touch left toe to left side, cross and step left over right.  
37-39        Cross and step right over left, step back on left, step side right on right  
&40          Small hop forward landing first on left, then touch right beside left

## MONTEREY TURNS

41-44        Point right toe out to the right, make ½ turn right on ball of left foot and step right beside left on completion of turn, point left toe to left side, step left beside right  
45-48        Repeat steps 41-44

## REPEAT