

Heartbeat

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Christine Calver (UK)
音樂: The Heart Stops The Clock - James Bonamy



HEEL SWITCHES, ROCK RECOVER, SHUFFLE BACK RIGHT, ROCK, RECOVER

1&2& Right heel touch forward, replace next to left and left heel touch forward, replace next to right
3-4 Rock forward on right, recover on left
5&6 Step back on right, step left next to right, step back on right
7-8 Rock back on left, recover on right

JAZZ BOX WITH ¼ TURN LEFT, MONTEREY TURN

9-10 Cross left over right, step back on right
11-12 Making ¼ turn left step left to left, touch right next to left
13-14 Touch right toe to right, step right next to left while making half a turn ball of left
15-16 Point left to left, step left next to right

RIGHT GRAPEVINE, SIDE BEHIND AND TRIPLE TURN

17-20 Step right to right, step left behind right, step right to right, touch left beside right
21-24 Step left to left, step right behind left, triple half turn left stepping left, right, left

ROCK FORWARD RIGHT, COASTER STEP, ROCK FORWARD LEFT, COASTER STEP

25-26 Rock forward on right and replace onto left
27&28 Step back on right, step left foot next to right, step right foot forward
29-30 Rock forward on left and replace onto right
31&32 Step back on left, step right foot next to left, step left foot forward

REPEAT
