

Heartbeat

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lynn Kryger (UK)
音樂: Heartbeat - Buddy Holly



TOE STRUTS

- 1-2 Touch right toe forward, drop the heel to the floor
- 3-4 Touch left toe forward, drop the heel to the floor
- 5-6 Touch right toe forward, drop the heel to the floor
- 7-8 Touch left toe forward, drop the heel to the floor

SIDE ROCKS & CROSSES

- 1-2 Step the right foot to the right side taking the weight (rock), switch the weight onto the left foot
- 3-4 Cross the right over the left foot and hold for one beat
- 5-6 Step the left foot to the left side taking the weight (rock), switch the weight onto the right foot
- 7-8 Cross the left over the right foot and hold for one beat

RIGHT VINE WITH A TOUCH, LEFT VINE WITH ¼ TURN

- 1-2 Step the right foot to right side, cross the left behind the right
- 3-4 Step the right foot to right side, touch the left foot next to right
- 5-6 Step the left foot to left side, cross the right behind the left
- 7-8 Step the left foot ¼ turn to the left, step the right beside the left

HEEL SWIVELS TRAVELING RIGHT, HEEL SWIVELS TRAVELING LEFT

- 1 With the weight on the toes swivel the heels to the right side
- 2 Taking the weight onto the heels swivel the toes to the right
- 3 With the weight on the toes swivel the heels to the right side
- 4 Hold for one beat, (optional clap)
- 5 With the weight on the toes swivel the heels to the left side
- 6 Taking the weight onto the heels swivel the toes to the left
- 7 With the weight on the toes swivel the heels to the left side
- 8 Hold for one beat, (optional clap)

REPEAT
