

Heartbeats

拍數: 36 牆數: 2 級數: Improver
編舞者: Rosalie Mackay (AUS)
音樂: Heart Beats to a Different Drum - Rosie Flores



HEEL SWITCHES, KICK, KICK, COASTER STEP

&1&2&3&4 Traveling back - step left, right heel at diagonal, step right, left heel at 45', step left, right heel at diagonal, touch right toe at diagonal, right heel at diagonal
&5-6-7&8 Step right, kick left forward twice (clap twice), step back left, step right together, step left forward

SHUFFLE RIGHT, ROCK BACK, SHUFFLE LEFT, FULL TURN

1&2-3-4 Shuffle to right (right, left, right), rock/step back on left behind right, step right in place
5&6-7-8 Shuffle to left (left, right, left), continuing to travel left turn a full turn right stepping right, left

BALL-CHANGE, SCUFF, SHUFFLE FORWARD, BALL-CHANGE, SCUFF, SHUFFLE FORWARD

&1-2-3&4 Step right quickly back, step left in place, scuff right forward, shuffle forward right, left, right
&5-6-7&8 Step left quickly back, step right in place, scuff left forward, shuffle forward left, right, left

##KICK, KICK, COASTER STEP, ROCK, HALF-TURN, STOMP, STOMP

1-2-3&4 Kick right twice (clap twice), step right back, step left beside right, step right forward
5-6-7-8 Rock/step left forward, step right in place turning ½ left, stomp left forward, stomp right level with left & slightly apart

LEFT SAILOR STEP, RIGHT SAILOR STEP

1&2-3&4 Step left behind right, step right to side, step left center, step right behind left, step left to side, step right center

On walls 3 and 4, omit the left and right sailor steps

On wall 6, do the left and right sailor steps twice

REPEAT

FINISH:

Facing front wall, kick right twice, coaster step, rock/step left forward, step right in place, stomp left, stomp right beside left (no turn)