

# Heartbeat

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate / Advanced  
編舞者: Becky Absher - June 2008  
音樂: Heartbeat - Madonna : (CD: Hard Candy)



## DRAG, TOE POINTS, HIP ROLL, SIT, HOLD, TOUCH, STEP

1-2      Slowly drag top of right foot up left calf  
3&4&      Touch right toe to front, right side, touch to left calf, right side  
5-6      Roll hips to the left ¼ turn left into a sit, with weight on right (9:00)  
7      Hold  
&8      Touch left toe forward, step left forward, rolling up out of the sit

## STEP OUT, OUT, CROSS, UNWIND ½ LEFT, HIP PUSHES ¼ TURN LEFT

1-2      Step right to side, step left to side  
3      Cross right over left  
4      Unwind ½ turn left (weight on left) (3:00)  
5-6-7-8      Push right hip up, touching right toe beside left foot to "push it around" for ¼ turn left (12:00)

## STEP OUT, OUT, "C-BUMP" WITH SNAPS, STEP ¼ LEFT, STEP BACK ½ LEFT, SHUFFLE FORWARD

1-2      Step right to side, step left to side  
3&4      "C-bump" lifting right hip up, then down with right fingers snapping up on top of the "C" and down on the bottom of the "C"  
5      Step left forward foot ¼ turn left (9:00)  
6      Step right foot back for ½ spiral turn left (3:00)  
7&8      Left shuffle forward left-right-left

## TOUCH, SWIVEL, SWEEP, BEHIND, SIDE, FORWARD, FUNKY WALKS

1&2      Touch ball of right foot forward, swivel both heels right, then back to center popping left shoulder up on swivel right, right shoulder up on return to center (styling optional)  
&3&4      Turn ½ turn left, sweeping left foot around, behind right taking weight on left, step right on right foot, step left forward foot (9:00)  
5-6-7-8      Walk forward "with attitude" from a crouch position, coming up slowly

## REPEAT

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