

# The Beating Heart

**COPPER** KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Alan Eades - June 2010  
音樂: The Beating Heart - Markus Meier : (CD: Raindance)



Dance starts on the vocal - (I were) BORN

## CROSS ROCK, RECOVER, TRIPLE STEP x 2

1-2            Rock forward on right across left, recover weight on left  
3&4           Triple step on the spot R,L,R  
5-6            Rock forward on left across right, recover weight on right  
7&8            Triple step on the spot L,R,L

## SERPIENTE

9-10           Cross right over left, step to side on left  
11-12          Step right behind left, Sweep left in an arc  
13-14          Finishing arc, step left behind right, step to side on right  
15-16          Cross left over right, Sweep right in an arc

## CROSS ROCK, RECOVER, COASTER, STEP PIVOT, SHUFFLE

17-18          Finishing arc, rock forward on right across left, Recover weight on left  
19&20          Step back on right, Step left next to right, Step forward on right  
21-22          Step forward on left and pivot ½ turn right – weight ending on right  
23&24          Forward shuffle L,R,L

## PADDLE TURN ¼ LEFT, CROSS SHUFFLE, STEP PIVOT, SHUFFLE

25-26          Touch right toe forward and turn ¼ left – weight on left  
27&28          Cross shuffle to the left R,L,R  
29-30          Step forward on left and pivot ½ turn right – weight ending on right  
31&32          Forward shuffle L,R,L

## REPEAT

**Note: For ending – when starting at 6 O'clock do steps 1 to 24 (now facing 12 O'clock) then do a ROCKING CHAIR**

25-26          Rock fwd on right, recover weight on left  
27-28          Rock back on right, recover weight on left.