

Heart Beats

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Sue Hsu (USA) - December 2011
音樂: My Heart Beats Like a Drum (Dam Dam Dam) - A Touch of Class



32 count intro - A: 32 count B: 16 count - Sequence: AA BBBB AAA BBBB AA BBBB A

Part A

[1 – 8] Rock L, Recover, Ball, Rock, Recover, Ball, Cross, Back, Side, Cross Shuffle

- 1, 2 & 3 Rock forward on left (1), recover on right (2), step left beside right (&), rock forward on right (3)
4 & 5 Recover back on left (4), step right back (&), cross left over right (5)
6, 7 Step back on right (6), step left to left side (7)
8 & 1 Cross right over left (8), step left to left side (&)
Cross right over left (1) 12:00

[9 – 16] ¼ L Forward, Rock, Recover, Back, Back, Back, ¼ L Side, Together

- 2 Turn ¼ left step left forward (2) 9:00
3, 4 Rock forward on right (3), recover on left (4)
5, 6, 7 Step back on right (5), left (6), right (7) 9:00
8 & Turn ¼ left step left to left side (8), step right beside left (&)

[17 – 24] ¼ L Forward, Forward R, Pivot ½ L, Shuffle Forward, Skate, Skate, Touch

- 1, 2, 3 Turn ¼ left step left forward (1) Step right forward 3:00 (2), pivot ½ left (3)
4 & 5 Step right forward (4), step left behind right (&), Step right forward (5)
6 7 Slide left to left diagonal (6), slide right to right diagonal (7)
8 Touch left toe beside right (8) 9:00

[25 – 32] Rolling Full Turn L, Touch, Forward. ¼ Turn L, Cross, Point

- 1, 2 Turn ¼ left step left forward (1), ½ left step back on right (2)
3, 4 Turn ¼ left step left to left side (3) touch right toe beside left (4) 9:00
5, 6 Step forward on right (5), pivot ¼ turn left (6)
7, 8 Cross right over left (7), point left toe to left side (8)

Part B (Tips: B starts on lyrics "My heart beats like a drum ...")

[1 – 8] Cross L, ¼ L, Back, Touch, Back, Touch, ¼ Point, 1/8 Point

- 1, 2 Cross left over right (1), ¼ turn left step right back (2)
3, 4 Step back on left (dip) (3) Touch right toe beside left (straighten up) (4) 9:00
5, 6 Step back on right (dip) (5) Touch left toe beside right (straighten up) (6) 9:00
7, 8 Turn ¼ right point left toe to left (7) turn 1/8 right point left toe to left (8) 1:30

[9 – 16] 1/8 Point, Together, Stomp, Heel, Toe, Recover, Cross, Point

- 1, 2 Turn 1/8 right point left to left side (1) stomp left beside right (2) 3:00
3, 4, 5 Stomp right to right side (3), swivel right heel to right side (4), fan right toe to right side leaning body to right (5)
6 Recover weight on left dragging right toward left (6)
7, 8 Cross right over left (7), point left to left (8)

Have fun.

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