

In A Heart Beat

COPPERKNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Helen Reeson (AUS) - April 2012
音樂: Summer Paradise (feat. Sean Paul) - Simple Plan



[1-8] Cross Toe strut, Side Toe strut, Cross / Rock - Side Shuffle, Cross / Rock

1&2&3,4 R Cross Toe/Heel to L side, L Toe/Heel to L side, Cross R over L, Recover wgt on L
5&6,7,8 R to R side, L beside R, R to R side, Cross L over R, Recover wgt on R

[9-16] L Sailor step, Step-Paddle-Step - Rock Fwd / Back, L Coaster

1&2,3&4 L behind R, R to R side, L to L side, R Fwd, Paddle ¼L (wgt on L), R Fwd
5,6,7&8 Rock fwd on L, Recover wgt back on R, Step L Back, R Beside, L Fwd ... 9.00

[17-24] Cross Toe strut, Side Toe strut, Cross / Rock - Side Shuffle, Cross / Rock

1&2&3,4 R Cross Toe/Heel to L side, L Toe/Heel to L side, Cross R over L, Recover wgt on L
5&6,7,8 R to R side, L beside R, R to R side, Cross L over R, Recover wgt on R

[25-32] L Sailor step, Step-Paddle#-Step - Rock Fwd / Back, L Coaster

1&2,3&4 L behind R, R to R side, L to L side, R Fwd, Paddle ¼L (wgt on L), R Fwd ... 6.00
5,6,7&8 Rock fwd on L, Recover wgt on R, Step L back, R beside, L fwd

[33-40] Walk R - L, Fwd-Back-Back - Sweep-Back, Sweep-Back, Beh-Side-Cross

1,2,3&4 R fwd, L fwd, Rock fwd on R, Recover wgt on L, Step back on R
&5&6 Sweep L out & back, Step back on L, Sweep R out & back, Step back on R
7&8 Sweep and step L behind R, Step R to R Side, Cross L over R

[41-48] Side / Rock, Cross-&-Cross-&*-Cross / Rock, Side-Rock-Tch

1,2,3&4& R side, Recover wgt on L, Cross R over L, L to L, Cross R over L, L to L
5,6,7&8 Cross R over L, Recover wgt on L, Rock R to R, Recover wgt on L, Tch R beside L

START AGAIN, and enjoy

TAGS (both at 6.00)

End of Wall 1: Point OUT-IN-OUT ...

1&2 Point R to R side, Tch R beside L, Point R to R side

End of Wall 5: Point OUT-IN-OUT, BACK / ROCK-POINT ...

1&2,3&4 Point R out-in-out, Rock R behind L, Recover wgt on L, Point R to R side

RESTARTS (at 12.00)

Wall 2 after count 44&* Restart at 12.00 – Wall 3

Wall 4 after count 44&* Restart at 12.00 – Wall 5 (Rap music)

Tag & RESTART (at 12.00)

Wall 6 (start at 6.00) after count 27&# add TOUCH R beside L, then Restart at 12.00 – Wall 7

FINISH: Wall 7 (start at 12.00) after count 42 (facing 6.00), add 4 counts:

1&2&3,4 Cross Toe-Heel, ¼L Toe-Heel, ¼L step R to R side, Step L beside R ... 12.00

Split floor option: "HEART BEAT IN PARADISE" (Intermediate) by Lynne Dugay & Helen Reeson

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