

In A Heartbeat

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Hayley Wheatley (UK) - February 2012
音樂: Summer Paradise (feat. Sean Paul) - Simple Plan



Intro: 16 counts

S1: Point R to side, ¼ turn left pointing R to side, Sailor step, Diagonal kick, Coaster step

1 Point R toe to R side (12:00)
2 Pivoting on ball of L foot turn ¼ turn t left, touching R toe to R side (9:00)
3&4 Step R foot behind L, step L foot to L side, step fwd R forward to slight diagonal (10:00)
5,6 Kick left foot fwd (10:00), Step back onto L foot (9:00)
7&8 Step back on R, step L next to R, step fwd on R

S2: L lock step forward, Rock forward right, recover, Shuffle half turn, Step pivot ¼ turn R

1&2 Step fwd on L foot, Lock R foot behind L, step fwd on L foot (9:00)
3,4 Rock fwd on R, recover onto L
5&6 Turning 1/2 turn R shuffle fwd- R, L, R (3:00)
7,8 Step fwd on L foot, Pivot ¼ turn R (6:00)

S3: Jazz box, Chasse, Mambo Step with 1/8 turn

1, 2, 3, 4 Cross L foot over R, Step back on R foot, Step L foot to L side, Touch R toe beside L (6:00)
5&6 Step R foot to R, Close L foot next to R, Step R foot to R side
7&8 Rock fwd on L making slight 1/8 turn R, recover onto R, Step L foot next to R (8:00)

S4: Mambo Step with 1/8 turn, 1/2 turn R, Tap R toe. Kick ball step, R shuffle

1&2 Rock back on R making slight 1/8 turn, Recover onto L, Step R foot next to L (9:00)
3,4 Step fwd on L, pivot ½ turn R tapping R toe fwd (3:00)
5&6 Kick R foot fwd, Step R foot next to L, Step fwd onto L foot
7&8 Step fwd on R foot, Step L next to R, Step fwd on R foot

S5: half rumba box, R Shuffle back, coaster step, half rumba box

1&2 Step L foot to L side, Step R foot next to L, Step back on L foot
3&4 Step back on R foot, Step L next to R, Step back on R foot
5&6 Step back on L foot, Step R next to L, Step fwd on L foot
7&8 Step R to R side, Step L next to R, Step fwd on R foot (9:00)

S6: Rock, recover, Sailor Step, Sailor Step, Step forward touch

1,2 Rock L to L side, recover on R
3&4 Step L foot behind R, Step R foot to R side, Step L foot to L side
5&6 Step R foot behind L, Step L foot to L side, Step R foot to R side
7,8 Step fwd on L foot. Touch R toe next to L

BEGIN AGAIN

Tag:- Performed at the end of wall 1 (facing 3:00) and wall 5 (facing 3 :00)

1-2 Rock back on R foot, recover onto L

Restarts: come on wall 2 + 4, after count 44, facing 6:00 and 12:00

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