

# 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

Contact: [hcwheatley@live.com](mailto:hcwheatley@live.com)

