

# Heart Skips A Beat

COPPERKNOB  
STEP SHEETS

拍數: 64      牆數: 2      級數: High Intermediate  
編舞者: Amy Glass (USA) - September 2012  
音樂: Heart Skips A Beat (Radio Version) - Olly Murs : (iTunes)



Sequence: 64, 4, 48, 64, 4, 48, 40, 4, 64 (looks more intimidating than it actually is!)

Intro: Start dancing 16 counts after the first down beat

## [1-8] Step R, Cross L Over R, 1 & ¼ Spiral Turn R, Shuffle Forward (R, L, R), Rock, ½ Turn Shuffle L

1            Step side R  
2            Cross L over R  
3            Unwind 1 & ¼ R (3:00), transfer weight to L, hooking R over L  
4&5        Shuffle forward R, L, R  
6,7        Rock forward L, recover R  
8&1        ½ turn L (9:00) while shuffling forward L, R, L

## [9-16] Full Turn L, Rock, Recover ¼ Turn L, ½ Hinge Turn R, Behind and Cross

2,3        Step back R while turning ½ L, step forward L turning ½ L  
4            Rock forward R  
&5        Recover L while turning ¼ L (6:00), cross R over L  
6            Step back L while turning ¼ R (9:00)  
7            Step side R while turning ¼ R (12:00)  
8&1        Step behind L, side R, cross L over R

## [17-24] Press R, Behind and Cross, Press L, Behind and ¼ Turn R

&2        (& - Quick tap R) press R at diagonal (1:30)  
3            Recover L  
4&5        Step R behind L, step side L, cross R over L  
&6        (& - Quick tap L) press L at diagonal (10:30)  
7            Recover R  
8&1        Step L behind R, step side R, step forward L while turning ¼ R (3:00)

## [25-32] Rock Forward, Syncopated Step Back Lock R & L, Step Together

&2,3      (& - Quick tap R) rock forward R, recover back L  
4&5        Step R, cross L over R, step slight side R  
6&7        Step L, cross R over L, step slight side L  
8            Step R next to L

## [33-40] Press Back, Ball Press Back/Body Rolls Back x2, Swivel ½ L, ½ R, ½ L

1,2        Press L slightly back, starting body roll back ending with weight L  
&3,4      Quick step R next to L, press L slightly back, starting body roll back ending with weight L  
&5        Quick step R next to L, press L slightly back ending with weight L  
6,7,8     Swivel: ½ L (9:00), swivel ½ R (3:00), swivel ½ L (9:00), weight forward on L

## [41-48] Kick Ball Change R x2, R Hip Bumps, L Hip Bumps

1&2,3&4    Right Kick ball change in place x2  
5&6        Step slightly forward R, hip bumps R, L, R  
7&8        Step slightly forward L, hip bumps L, R, L

## [49-56] Kick & Point & Point, Hitch, Point, ¼ R Turn Sailor, Shuffle Forward

1&2        Kick R, step R down, point L to L side  
&3        Step together L, point R to R side

&4 Hitch right knee, point R to R side  
5&6 ¼ R sailor (step R behind L, side L, forward R while turning ¼ R)  
7&8 Shuffle forward L, R, L

**[57-64] ½ turn R, Side Rock Cross, Full 4-step Box Turn**

1&2 Rock R forward, recover back L, turn ½ R (6:00) stepping forward R  
3&4 Rock side L, recover R, cross L over R  
5 Step R side while turning ¼ L (3:00)  
6 Step L side while turning ¼ L (12:00)  
7 Step R side while turning ¼ L (9:00)  
8 Step L side while turning ¼ L (6:00)

**Tag: 4 counts, following walls 1 & 3, (back wall) and before the Restart on wall 5 (front wall)**

**Funky Step Touches: traveling slightly back (take large steps when stepping side swiveling toes in same direction as step):**

1& Step side R, touch L beside R  
2& Step side L, touch R beside L  
3& Step side R, touch L beside R  
4& Step side L, touch R beside L

**Restart on walls 2 and 4 following the hip bumps (counts 47 & 48: do the 2nd set of hip bumps L, R, L to 12:00)**

**Restart on wall 5, following count 40 (swivel ½ L, ½ R, ¼ L to 12:00 and do the 4-count tag)**

**Options:-**

**1 In the first 8 counts, to eliminate the spiral 1 & ¼ turn:**

**Step side R (1), forward L (2), swivel ¼ R while hooking R over L (3), shuffle forward (4 & 5)**

**2 Body rolls can be eliminated or can be as pronounced as the dancer is comfortable**

**Listen to the music-it tells you what to do! Have fun!**

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