

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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