

# My Heart Skips A Beat

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Upper Beginner  
編舞者: Margaret Warren (AUS) - February 2014  
音樂: My Heart Skips A Beat - Daniel O'Donnell : (Album: Classic Doubles - Thoughts of Home - iTunes)



**Intro: 8 Beats, start on Skip**

**Side, Tog, Shuffle Fwd, Side, Tog, ¼ Turn, Shuffle Fwd**

1,2,3&4      Step R to side, Slide L next to R, Shuffle forward R, L, R  
5,6,7&8      Step L to side, Slide R next to L. Turn ¼ L, shuffle forward L, R, L

**Cross, Replace, Side, x 2, Syncopated Rocking Chair, ¼ Pivot,**

1&2      Cross R over L, Replace on L, Step R to side,  
3&4      Cross L over R, Replace on R, Step L to side,  
5&6&      Rock fwd on R, Replace on L, Rock back on R, Replace on L  
7,8      Step forward on R, Pivot ¼ L(weight on L) \*

**R Cross Shuffle, Hip Bumps, R Cross Shuffle, ¼ Turn, Fwd L, Replace, Back**

1&2,3&4      Cross Shuffle R, L, R, Step L to side bumping hips L, R, L,  
5&6,7&8      Cross Shuffle R, L, R, Turn ¼ L & Step fwd on L, Replace on R, Step back on L

**R Sailor Step, Back, Back, L Coaster Step, Heel Ball Forward**

1&2      Step R behind L, Step L to Side, Step R to Side  
3,4      Sweep L & step behind R, Sweep R & Step behind L  
5&6      Step back on L, Step R beside L, Step L forward  
7&8      Touch R Heel forward, Step R beside L, Step forward on L

**There is a Restart on wall 4 after 16 beats\* you will be at 3 0'cl,  
Start again from beginning**

**The Last Repeat of dance on wall 7 is also 16 Beats,  
Change the ¼ Pivot to ½ Pivot to face the front wall & step tog.**

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