

Celtic Heartbeat

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Maggie Gallagher (UK) - March 2014
音樂: Heartbeat (feat. Kasey Smith) - Can-Linn : (iTunes)



Intro: 8 Counts

S1: STEP, TOUCH & HEEL & WALK, FWD ROCK, ½ SHUFFLE

1-2 Step forward on right, Touch left toe behind right
&3& Step back on left, Tap right heel forward, Step right next to left
4-5-6 Walk forward left, Rock forward right, Recover on left
7&8 ½ right stepping forward right, Step left next to right, Step forward on right [6:00]

S2: STEP, TOUCH & HEEL & WALK, FWD ROCK, ½ SHUFFLE

1-2 Step forward on left, Touch right toe behind left
&3& Step back on right, Tap left heel forward, Step left next to right
4-5-6 Walk forward right, Rock forward left, Recover on right
7&8 ½ left stepping forward left, Step right next to left, Step forward left [12:00] *Restart 3

S3: ¼ SIDE ROCK & SIDE ROCK, CROSS, SIDE ROCK & SIDE

1-2 ¼ left rocking right to right side, Recover on left [9:00]
&3-4 Step right next to left, Rock left to left side, Recover on right
5-6-7 Cross left over right, Rock right to right side, Recover on left
&8 Step right next to left, Step left to left side *Restart 1

S4: ROCK BACK, CHASSE, ROCK BACK, KICK BALL CROSS

1-2 Rock back on right, Recover on left
3&4 Step right to right side, Step left next to right, Step right to right side
5-6 Rock back on left as body opens slightly to left diagonal, Recover on right
7&8 Kick left forward, Step left next to right, Cross right over left

S5: (moving left) TOE & HEEL & TOE & HEEL & SIDE ROCK, BEHIND SIDE CROSS

1&2 Tap left toe behind right heel (keeping weight on right), Step left to left side, Tap right heel across left
&3&4 Step onto right in place, Tap left toe behind right heel (keeping weight on right), Step left to left side, Tap right heel across left
&5-6 Step right next to left, Rock left to left side, Recover on right
7&8 Cross left behind right, Step right to right side, Cross left over right

S6: HOLD BALL CROSS, SIDE ROCK, TRIPLE FULL TURN, CROSS POINT

1&2 HOLD, Step slightly back on right, Cross left over right
3-4 Rock right to right side, Recover on left
5&6 Triple full turn right stepping right, left, right [9:00]
7-8 Cross left over right, Point right to right side

S7: R SAILOR, L SAILOR, STEP ½ PIVOT X 2

1&2 Cross right behind left, Step left to left side, Step right next to left
3&4 Cross left behind right, Step right to right side, Step left next to right *Restart 2
5-6 Step forward right, ½ pivot left [3:00]
7-8 Step forward right, ½ pivot left [9:00]

S8: WALK, HOLD & WALK, POINT, WALK BACK L, R, L COASTER

1-2 Walk forward on right, HOLD

&3-4 Step left next to right, Walk forward on right, Point left toe forward
5-6 Walk back left, Walk back right
7&8 Step back on left, Step right next to left, Step forward left

RESTART 1: Wall 2 after 24 counts [6:00]

TAG: 4 counts at the end of Wall 3, which is the first 4 counts of the dance [3:00]

1-2 Step forward right, Touch left toe next to right
&3&4 Step back left, Tap right heel forward, Step right next to left, Walk forward left

RESTART 2: Wall 4 after 52 counts [12:00]□□

RESTART 3: Wall 6 after 16 counts [9:00]

SPECIAL THANKS TO JANE KENRICK FOR SUGGESTING THE MUSIC

Contact: www.maggiieg.co.uk
