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| Heart Skips A Beat |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | High Intermediate | . |
| **Choreographer:** | Amy Glass (USA) - September 2012 |
| **Music:** | Heart Skips A Beat (Radio Version) - Olly Murs : (iTunes) |
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**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**

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| 1 | Step side R |

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| 2 | Cross L over R |

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| 3 | Unwind 1 & ¼ R (3:00), transfer weight to L, hooking R over L |

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| 4&5 | Shuffle forward R, L, R |

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| 6,7 | Rock forward L, recover R |

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| 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**

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| 2,3 | Step back R while turning ½ L, step forward L turning ½ L |

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| 4 | Rock forward R |

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| &5 | Recover L while turning ¼ L (6:00), cross R over L |

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| 6 | Step back L while turning ¼ R (9:00) |

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| 7 | Step side R while turning ¼ R (12:00) |

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| 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**

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| &2 | (& - Quick tap R) press R at diagonal (1:30) |

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| 3 | Recover L |

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| 4&5 | Step R behind L, step side L, cross R over L |

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| &6 | (& - Quick tap L) press L at diagonal (10:30) |

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| 7 | Recover R |

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| 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**

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| &2,3 | (& - Quick tap R) rock forward R, recover back L |

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| 4&5 | Step R, cross L over R, step slight side R |

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| 6&7 | Step L, cross R over L, step slight side L |

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| 8 | Step R next to L |

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

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| 1,2 | Press L slightly back, starting body roll back ending with weight L |

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| &3,4 | Quick step R next to L, press L slightly back, starting body roll back ending with weight L |

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| --- | --- |
| &5 | Quick step R next to L, press L slightly back ending with weight L |

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| 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**

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| 1&2,3&4 | Right Kick ball change in place x2 |

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| 5&6 | Step slightly forward R, hip bumps R, L, R |

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| 7&8 | Step slightly forward L, hip bumps L, R, L |

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

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| 1&2 | Kick R, step R down, point L to L side |

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| &3 | Step together L, point R to R side |

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| &4 | Hitch right knee, point R to R side |

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| 5&6 | ¼ R sailor (step R behind L, side L, forward R while turning ¼ R) |

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| 7&8 | Shuffle forward L, R, L |

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

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| 1&2 | Rock R forward, recover back L, turn ½ R (6:00) stepping forward R |

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| 3&4 | Rock side L, recover R, cross L over R |

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| --- | --- |
| 5 | Step R side while turning ¼ L (3:00) |

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| --- | --- |
| 6 | Step L side while turning ¼ L (12:00) |

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| --- | --- |
| 7 | Step R side while turning ¼ L (9:00) |

|  |  |
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| 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):**

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| 1& | Step side R, touch L beside R |

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| 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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