

# Heartbeat

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Virginia W. F. Tsui (CAN) - May 2018

Musik: Uptown Funk by Haschak Sisters



Start after 32 count intro

## BACK ROCK, HEEL STEP CROSS, SIDE TOGETHER SIDE, HEEL GRIND ¼ TURN LEFT

- 1 2 Step back on right, recover onto left
- 3 & 4 Touch right heel forward, step back on right, cross left over right
- 5 & 6 Step right to side, step left next to right, step right to side
- 7 8 Cross left heel over right, & make a ¼ turn left, (weight on right) (9.00)

## COASTER STEP, ¼ TURN LEFT, ROCKING CHAIR, ¼ TURN RIGHT

- 1 & 2 Step left back, step right next to left, step left forward
- 3 4 Step forward on right, and make a left ¼ turn on left
- 5 & 6 & (With body diagonally to left) step right forward, recover onto left, step back on right, recover onto left
- 7 8 Step forward on right, & make a ¼ turn right with left foot flick behind (9.00)

## ROCKING CHAIR, ¼ TURN LEFT, CROSS, BACK, FULL TURN RIGHT

- 1 & 2 & (With body diagonally to right) step left forward, recover onto right, step back on left, recover onto right
- 3 4 Step forward on left, and make a ¼ turn left with right foot flick behind
- 5 6 Cross right over left, step back on left
- 7 8 Step right forward ½ turn right, stepping left back ½ turn right (6.00)

## BACK ROCK, LOCK, FWD, FWD, LOCK, SIDE, TOGETHER, ¼ TURN RIGHT, ½ TURN RIGHT, BACK SHUFFLE

- 1 & 2 Step back on right, recover onto left,
- & 3 & 4 Lock right behind, step forward on left, step forward on right, lock left behind
- 5 & 6 Step right to side, step left next to right, make a ¼ turn right stepping forward on right
- 7 & 8 (Make a ½ turn right) step back on left, step right next to left, step back on left (3.00)

ENJOY!!!