

# Your Heartbeat

**COPPER KNOB**  
STEPSHEETS

Count: 32

Wall: 2

Level: Intermediate NC rhythm

Choreographer: Brenda Shatto (USA) - March 2016

Music: Heartbeat - Carrie Underwood : (Album: Storyteller)



**Notes: One 16 Count Tag Danced 3 Times. One Restart On Wall 5. See Below For All Descriptions. Weight Starts On Right. 16 Count Introduction.**

**[1-8] Rock back-recover side, rock back – recover, ¼ turn left side, repeat**

- 1&2 Cross rock L behind R (1), recover R in place (&), big step L to left (2) [12:00]  
3&4 Cross rock R behind L (3), recover L in place (&), ¼ turn left big step R to right side (4) [9:00]  
5 - 8 Repeat counts 1-4 [6:00]

**[9-16] Rock back-recover side, cross-side-cross, side-cross behind, ¼ turn left forward, rock Forward, recover, ¾ turn right step forward**

- 1&2 Cross rock L behind R (1), recover R in place (&), big step L to left, facing left diagonal (2) [5:00]  
3&4 Cross R over L (3), step L to left (&), cross R over L (4) [5:00]\*  
**\*Restart Wall 5: replace cross side cross with sway R, L, R with a step to right.**  
5&6 Step L to left squaring to [6:00] (5), cross R behind left (&), ¼ turn left, step L forward (6) [3:00]  
7&8 Rock R forward (7), recover L in place and begin ¾ turn right (&), step R forward finishing ¾ turn right (8) [7:30] .

**[17-24] Left lock step sweep ¼ turn left, cross-lock forward sweep ¼ turn right, cross touch, step, 1½ turn left**

- 1&2 Cross L over R (1), lock R next to L (&), step L forward and sweep R ¼ turn left (2) [4:30]  
3&4 Cross R over L (3), lock L next to R (&), step R forward and sweep L ¼ turn right (4) [7:30]  
5,6 Press ball of L across R (5), step L in place as you prep by opening body to right (6)  
7&8 1½ triple turn left: small step back R (7), small step forward L (&), step R to right side squaring up to back wall (8) [6:00]

**No turn option: chasse to the right.**

**[25-32] Diamond full turn left: back, back, side, forward, forward, side, repeat**

- 1&2 ½ turn left, cross L behind R (1), step R back (&), ½ turn left step L to left side (2) [3:00]  
3&4 ½ turn left cross R over left (3), step forward L (&), ½ turn left step R to right side (4) [12:00]  
5-8 Repeat counts 1-4.

**After 5&6 face [9:00]. After 7&8 face [6:00].**

**Dance Tag At End Of Walls 2, 4, And 6 (Facing 12:00 Every Time) .**

**TAG:-**

**[1-8] Back rock ¼ turn left, forward ½ turn left, forward rock, recover, back, ¼ turn right chasse**

- 1&2 Cross rock L behind R (1), recover R in place (&), ¼ turn left step L forward (2) [9:00]  
3&4 Step R forward (3), pivot ½ turn left, weight L (&), step forward R (4) [3:00]  
5&6 Rock L forward (5), recover R (&), step L back (6)

**Optional turn: step L forward (5), pivot ½ turn right (&), ½ turn right and step L back (6)**

- 7&8 ¼ turn right and step R to right (7), step L next to R (&), step R to right (8) [6:00]

**[9-16] Repeat counts 1-8**

**starting at [6:00], end at [12:00]**

**Please do not alter this step sheet in any way. If you would like to use it on your website, it must be used in its original**

**format. Contact the choreographer with your questions.**

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