

# Albany Heartsbeats

**COPPER** KNOB  
STEPPERS

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Mary Bee Friedrich (DE) - 28 August 2021

Music: Albany (feat. Roger Whittaker) - DJ Herzbeat



Motion: Novelty/ Modern Country/ Pop

Intro: 24 Count - Starts with singing...Albany

## Section 1: Weave R/L

- 1 - 2 RF step to right side, LF cross behind RF
- 3 - 4 RF step to right side, LF touch to RF
- 5 - 6 LF step to left, RF cross behind LF!
- 7 - 8 LF step to left, RF touch to LF

## Section 2: Walk fwd. Kick (and Clap), Walk Back, Touch

- 1 - 2 RF step fwd., LF step fwd.
- 3 - 4 RF step fwd., LF kick fwd. and clap your hands
- 5 - 6 LF step back, RF step back
- 7 - 8 LF step back, RF touch to LF

## Section 3: ¼ Turn L, Touch, Side Touch, Coaster Step, Hold

- 1 - 2 RF ¼ turn to left side, LF touch to RF and sway to the right side with both arms
- 3 - 4 LF step to left side, RF touch to LF and sway with both arms to the left side
- 5 - 6 RF step back, LF close to RF.
- 7 - 8 RF step fwd., Hold

## Section 4: Shuffle, Scuff, Jazz Box

- 1 - 2 LF step fwd., RF close to LF.
- 3 - 4 LF step fwd., RF scuff fwd. with heel.,
- 5 - 6 RF cross over LF, LF step diagonal back
- 7 - 8 RF step diagonal back, LF close to RF with full weight

Have Fun - Move slowly / Clap and Sway ☐

The Music has normaly one restart, but the beginner moves completly the hole track without, because it's working also.

RF > right foot :: LF > left foot :: bwd.s > backwards/back :: fwd.> forward

Contact: [marybeefriedrich@web.de](mailto:marybeefriedrich@web.de)

[www.linedancefoundation.com](http://www.linedancefoundation.com) 1.LDF Ambassador Germany

FB > Mary Bee Friedrich / Mary Bee Line Dance Channel / LineDanceFriendship Germany

LDFWW - LineDanceFriendshipWorkshopWeekend > [ldfww@outlook.de](mailto:ldfww@outlook.de)

Instagram > [Marybeefriedrich](https://www.instagram.com/marybeefriedrich)

[www.linedancefriendship.de](http://www.linedancefriendship.de)

Last Update: 21 Sep 2023