Heart Stopper



Count: 48 Wall: 4 Level: Intermediate

Choreographer: Lee Birks (UK)

Music: The Heart Stops The Clock - James Bonamy



AND ROCK, ROCK, SHUFFLE, ROCK, ROCK, SHUFFLE

&1-2	Sten left to lef	it side rock	hack on right	rock forward on	طt
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3&4 Right shuffle forward, stepping right, left, right
5-6 Rock forward on left, rock back on right
7&8 Shuffle back on left, stepping left, right, left

TOUCH, ½ TURN, STEP, HEEL TWIST, JACK, ¾ RONDA SWEEP

1-2	Touch right toe behind	, ½ turn over right shoulder	(weight on right)

3&4 Step forward left, weight on balls of both feet twist heels up and to the left and back to center

Touch right next to left, step back on right touching left heel forward 7-8 Replace weight on left, sweep right round to the left to make ¾ turn

SIDE, TOGETHER, SHUFFLE, CROSS ROCK SHUFFLE

1-2	Step right	to right side.	close left to right

3&4 Right shuffle to the right, stepping right, left, right

5-6 Cross rock to the right, rock back on right 7&8 Left shuffle left, stepping left, right, left

CROSS, HOLD, CROSS, HOLD, 1/4 TURN HEEL GRIND, COASTER STEP

1-2 Cross right over left, hold

&3-4 Step left to left side, cross right over left, hold

5-6 Step left heel out to side & grind left heel, making ½ turn left

7&8 Step back on left, close right to left, step forward left

SHUFFLE, ROCK, ROCK, ½ TURN SHUFFLE, ½ TURN SHUFFLE

1&2 Right shuffle forward, stepping right, left, right

3-4 Rock forward on left, rock back on right

Left shuffle back, making ½ turn over left shoulder, stepping left, right, left

7&8 Right shuffle forward, stepping right, left, right

COASTER STEP, 1/4 TURN SIDE, SIDE ROCK, SIDE ROCK, SIDE ROCK

1&2 Step back left, close right to left, step forward left

3-4 Step forward right, making ¼ turn left, lift left heel off floor
5-6 Step down on left, angle body right, lift right heel off floor
7-8 Step down on right, angle body left, lift left heel off floor

REPEAT

For last 6 counts by bending and straightening both knees, and angling your body in the direction of the lifted heel, you will create a down up swing motion or simply do your own thing.