

# Cardiac Rock

**COPPER** KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Dean Gambino (USA)

Music: The Heart of Rock and Roll - Huey Lewis & The News



Dance starts 32 counts in after "heartbeats" on the lyrics

**SHUFFLE RIGHT, ½ TURN LEFT, SHUFFLE LEFT, ROCK BACK, RECOVER, ¼ SHUFFLE TURN LEFT**

- 1&2 Shuffle right-left-right to right, pivot on right ½ turn left
- 3&4 Shuffle left-right-left to left
- 5-6 Rock back right behind left, recover forward left
- 7&8 ¼ shuffle turn left, right-left-right (7&8)

**ROCK BACK, RECOVER, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ¾ SHUFFLE TURN RIGHT**

- 1-2 Rock back on left, recover forward on right
- 3&4 Shuffle forward left-right-left
- 5-6 Rock forward right, recover back left
- 7&8 ¾ shuffle turn right right-left-right

**POINT, CROSS BEHIND, POINT, CROSS BEHIND, ¼ TURN RIGHT COASTER STEP, ½ STEP PIVOT LEFT**

- 1-4 Point left to left, step left behind right, point right to right, step right behind left
- 5-8 Step left slightly back making a ¼ turn right, step right next to left, step left forward, step right forward, ½ turn left weighting left

**STEP RIGHT, DRAG, ROCK BACK, RECOVER, STEP LEFT, DRAG, ROCK BACK, RECOVER**

- 1-4 Large step right to right, drag left just behind right, rock back left behind right, recover forward on right
- 5-8 Large step left to left, drag right just behind left, rock back right behind left, recover forward on left

**REPEAT**

**TAG A**

Done after walls, 1 (9:00), 4 (12:00), 9 (9:00)

- 1-2 Rock back on right, recover forward on left

**TAG B**

Done after walls, 3 (3:00) and 6 (6:00). Place hands on thighs through counts 1-8

- 1&2 Step right to right, weight on both feet, lift both heels, drop both heels
- 3&4 While pivoting on the right, make a ¼ turn left, stepping left to left, weight on both feet, lift both heels, drop both heels
- 5&6 While pivoting on the left, make a ¼ turn left, stepping right to right, weight on both feet, lift both heels, drop both heels
- 7&8 While pivoting on the right, make a ¼ turn left, stepping left to left, weight on both feet, lift both heels, drop both heels
- & While pivoting on the left, make a ¼ turn left and flick the right behind left leg

**ALTERNATE MOVES:**

During the 2nd & 5th repetitions, replace counts 29-32 with:

- 5-6&7-8 Step left to left, hip bumps left, right, left, hold

You'll hear heavy drum beats at this point

**During the 10th repetition, replace counts 29-32 with:**

5                      Step left to left, lifting shoulders and looking to 7:00

&6&7&8              Shoulder pumps, count on the down moves

**You'll hear the lyrics, "Dit, Dit, Dit, Dit, they say..."**

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