The Pulse (心跳節奏) (zh)

Compte: 64 **Mur:** 4 **Niveau:** Intermediate
Chorégraphe: Kate Sala (UK) - 2010年10月
Musique: Who Owns My Heart - Miley Cyrus : (CD: Can't Be Tamed)

前奏： Start after a 32 Count intro. 32拍後起跳

第一段 **Step Left Forward, Side Touch Right, Step Back, Side Touch Left, Coaster Step, Step, Pivot 1/2 Turn Left.**
前踏 右點 後踏 左點, 海岸步, 踏 轉

1-4 Step forward on L. Touch R out to R side. Step back on R. Touch L out to L side. 左足前踏, 右足右點, 右足後踏, 左足左點

5&6 Step back on L. Step R next to L. Step forward on L.
左足後踏, 右足併踏, 左足前踏

7-8 Step forward on R. Pivot 1/2 turn L. 右足前踏, 左軸轉180度

第二段 **Step, Pivot 1/2 Turn Left, Cross Step, Step Left, Sailor Step With 1/4 Turn Right, Shuffle Forward On Left.**
踏 轉 交叉 左, 後 1/4旁 前, 前交換

1-2 Step forward on R. Pivot 1/2 turn L. 右足前踏, 左軸轉180度

3-4 Cross step R over L. Step L out to L side.
右足於左足前交叉踏, 左足左踏

5&6 Cross step R behind L. Turn 1/4 R stepping L to L side. Small step forward on R. 右足於左足後交叉踏, 右轉90度左足左踏, 右足略前踏

7&8 Step forward on L. Step R next to L. Step forward on L. [3 o'clock.]
左足前踏, 右足併踏, 左足前踏(面向3點鐘)

第三段 **Full Turn Left, Rock Forward On Right, Recover, Step Back, Heel Swivel, Step Back, Side Touch Right. 轉 轉, 前曼波, 踵轉向左 轉 回, 後 右點**

1-2 Turn 1/2 L stepping back on R. Turn 1/2 Left stepping forward on L. 左轉180度右足後踏, 左轉180度左足前踏

3-5 Rock forward on R. Recover back on to L. Step back on R.
右足前下沉, 左足回復, 右足後踏

&6 Coming up on to the balls of the feet swivel both heels L. Swivel both heels back to centre. 雙足踵轉向左, 雙足踵轉回

7-8 Step back on L. Touch R out to R side. 左足後踏, 右足右點

第四段 **Right Hitch Ball Cross, Side Rock Right, Recover, Weave Left, Side Rock Left. Recover 抬 踏 交叉, 右下沉 回復, 後 旁 前, 左下沉 回復**

1&2 Hitch R knee up. Step down on ball of R. Cross step L over R.
右膝抬, 右足踏, 左足於右足前交叉踏

3-4 Side rock R on R. Recover on to L.
右足右下沉, 左足回復

5&6 Cross step R behind L. Step L to L side. Cross step R over L.
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

7-8 Side rock L on L. Recover on to R.
左足左下沉, 右足回復

第五段 **Cross Step Behind, Side, Forward, Shuffle Forward, Step, Pivot 1/4 Turn Right, Cross Step, Side Step.**
後 旁 前, 前交換, 踏 1/4 交叉 右

1&2 Cross step L behind R. Step R to R side. Step forward on L.
左足於右足後交叉踏, 右足右踏, 左足前踏

3&4 Step forward on R. Step L next to R. Step forward on R.
右足前踏, 左足併踏, 右足前踏

5-8 Step forward on L. Pivot 1/4 turn R. Cross step L over R. Step R to R side. 左足前踏, 右軸轉90度, 左足於右足前交叉踏, 右足右踏

***RESTART: There is one restart DURING wall 3. Dance up to count 40 and start again from the beginning of the dance facing 12 o'clock.**
第三面牆, 跳至此面向12點鐘時, 從頭起跳

第六段 Cross Step, Turn 1/2 Left on Right, Left, Cross Step, Turn 1/2 Right on Left, Right, Rock Forward, Recover
交叉 左1/4 1/4 交叉 1/4 1/4 下沉 回復

1-3 Cross step L over R. Turn 1/4 L stepping back on R. Turn 1/4 L stepping L to L side. [12 o'clock.]
左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足左踏(12點鐘)

4-6 Cross step R over L. Turn 1/4 R stepping back on L. Turn 1/4 R stepping R to R side. [6 o'clock.]
右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右踏

7-8 Rock forward On L. Recover on R.
左足前下沉, 右足回復

第七段 Side Rock Left, Recover, Sailor Step, Cross Shuffle, Side Step Left, Touch In. 左下沉 回復, 水手步, 交叉交換, 左踏 併點

1-2 Side rock L on L. Recover on R. 左足左下沉, 右足回復

3&4 Cross step L behind R. Step R to R side. Step L to L side.
左足於右足後交叉踏, 右足右踏, 左足左踏

5&6 Cross step R over L. Step L to L side. Cross step R over L.
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

7-8 Step L to L side. Touch R next to L instep.
左足左踏, 右足併點

第八段 Side Step Right, Touch In, Rock Back On Left, Recover, Jazz Box With 1/4 Turn Left. 右踏 併點, 後下沉 回復, 爵士方塊帶左1/4

1-2 Step R to R side. Touch L next to R instep.
右足右踏, 左足併點

3-4 Rock back on L. Recover on to R.
左足後下沉, 右足回復

5-8 Cross step L over R. Turn 1/4 L stepping back on R. Step L to L side. Small step forward on R. [3 o'clock.]
左足於右足前交叉踏, 左轉90度右足後踏, 左足左踏, 右足略前踏(3點鐘)