

The Beat of Your Heart

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Kim Liebsch (DK) - July 2023
音乐: To The Beat Of Your Heart - Ericka Jane



Intro: 16 counts (appr. 8 sec)
Start with weight on L foot
Restart: On wall 5 after 8 counts (*12:00)

#1 section: Cross rock, chasse´ X 2

1-2 Cross R over L, recover on L 12:00
3&4 Step R to R side, step L beside R, step R to R side 12:00
5-6 Cross L over R, recover on R 12:00
7&8 Step L to L side, step R beside L, step L to L side (*12:00) 12:00

#2 section: Jazzbox ¼ turn, step ¼ turn, step ½ turn

1-2 Cross R over L, make ¼ turn R stepping back on L 3:00
3-4 Step R to R side, step fw. on L 3:00
5-6 Step fw. on R, make ¼ turn L stepping L to L side 12:00
7-8 Step fw. on R, make ½ turn L stepping fw. on L 6:00

#3 section: Step fw. sweep X 2, rock recover, shuffle back

1-2 Step fw. on R while sweeping L 6:00
3-4 Step fw. on L while sweeping R 6:00
5-6 Rock fw. on R, recover on L 6:00
7&8 Step back on R, step L next to R, step back on R 6:00

#4 section: Back rock, step ½ turn, step fw. hold, step ¼ turn

1-2 Rock back on L, recover on R 6:00
3-4 Step fw. on L, make ½ turn R stepping fw. on R 12:00
5-6 Step fw. on L, hold 12:00
7-8 Step fw. on R, make ¼ turn L stepping L to L side 9:00

Good Luck & N´joy!

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