

Heart Beat

拍数: 32 墙数: 2 级数:
编舞者: Jim Ray (USA) & Tina Ray (USA)
音乐: Put Your Heart Into It - Sherrié Austin



BACKWARD TOE STEPS

- 1 Step back and tap right toe
- 2 Step down on right foot
- 3 Step back and tap left toe
- 4 Step down on left foot

½ TURN RIGHT SHUFFLE, STEP, PIVOT ½

- 5&6 Turn a ½ turn to the right stepping right, left, right
- 7 Step left foot forward
- 8 Pivot a ½ turn right shoulder back

ONE FULL TURN LEFT, KICK RIGHT

- 9-11 Turn a full turn to the left stepping left, right, left traveling
- 12 Kick right foot forward

TWO SHUFFLES FORWARD

- 13&14 Shuffle forward right, left, right
- 15&16 Shuffle forward left, right, left

RIGHT GRAPEVINE WITH ½ TURN, KICK LEFT

- 17 Step right foot to the right
- 18 Step left foot behind right
- 19 Step right foot a ½ turn, right shoulder back
- 20 Kick left foot forward

LEFT GRAPEVINE WITH ½ TURN, KICK RIGHT

- 21 Step left foot to the left
- 22 Step right foot behind left
- 23 Step left foot a ½ turn left shoulder back
- 24 Kick right foot forward

STEP, PIVOT ½

- 25 Step right foot forward
- 26 Pivot a ½ turn left shoulder back

STEP RIGHT, TOGETHER, RIGHT

- 27 Step right foot to the right
- & Step left foot to right foot together
- 28 Step right foot to the right

ROCK STEP BACK

- 29 Step back on left foot
- 30 Shift weight forward to right foot

SHUFFLE FORWARD

- 31&32 Shuffle forward, left, right, left

REPEAT
