

Heartbeat

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Becky Absher - June 2008
音乐: Heartbeat - Madonna : (CD: Hard Candy)



DRAG, TOE POINTS, HIP ROLL, SIT, HOLD, TOUCH, STEP

- 1-2 Slowly drag top of right foot up left calf
- 3&4& Touch right toe to front, right side, touch to left calf, right side
- 5-6 Roll hips to the left ¼ turn left into a sit, with weight on right (9:00)
- 7 Hold
- &8 Touch left toe forward, step left forward, rolling up out of the sit

STEP OUT, OUT, CROSS, UNWIND ½ LEFT, HIP PUSHES ¼ TURN LEFT

- 1-2 Step right to side, step left to side
- 3 Cross right over left
- 4 Unwind ½ turn left (weight on left) (3:00)
- 5-6-7-8 Push right hip up, touching right toe beside left foot to "push it around" for ¼ turn left (12:00)

STEP OUT, OUT, "C-BUMP" WITH SNAPS, STEP ¼ LEFT, STEP BACK ½ LEFT, SHUFFLE FORWARD

- 1-2 Step right to side, step left to side
- 3&4 "C-bump" lifting right hip up, then down with right fingers snapping up on top of the "C" and down on the bottom of the "C"
- 5 Step left forward foot ¼ turn left (9:00)
- 6 Step right foot back for ½ spiral turn left (3:00)
- 7&8 Left shuffle forward left-right-left

TOUCH, SWIVEL, SWEEP, BEHIND, SIDE, FORWARD, FUNKY WALKS

- 1&2 Touch ball of right foot forward, swivel both heels right, then back to center popping left shoulder up on swivel right, right shoulder up on return to center (styling optional)
- &3&4 Turn ½ turn left, sweeping left foot around, behind right taking weight on left, step right on right foot, step left forward foot (9:00)
- 5-6-7-8 Walk forward "with attitude" from a crouch position, coming up slowly

REPEAT
