

Beat of Your Heart

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Sam Arvidson (USA), Toshiko Kawamoto (JP) & Yu Sugawara (JP) - August 2011
音乐: Beat of Your Heart - Hayley Westenra



[1-16] HALF RUMBA BOX, 1/4 TURN R, 1/4 TURN R, SIDE-CLOSE-SWAY

- 1-4 Step L side left, Close R next to L, Step L forward, Hold
5-8 Step R side right, Close L next to R, 1/4 Turn right and Step R forward, Hold
- 1-4 Step L forward, 1/4 Turn right (weight on R), Cross step L over R, Hold
5-8 Step R side right, Close L next to R, Step R side right and sway, Hold

[17-32] HALF RUMBA BOX, 1/4 TURN R, 1/4 TURN R, WEAVE

- 1-4 Step L side left, Close R next to L, Step L forward, Hold
5-8 Step R side right, Close L next to R, 1/4 Turn right and Step R forward, Hold
- 1-4 Step L forward, 1/4 Turn right (weight on R), Cross step L over R, Hold
5-8 Step R side right, Step L behind R, Step R side right, Hold

[33-48] CHECK x2, SPIRAL, RUN x2, SWEEP, CROSS, BACK

- 1-4 Cross rock L over R, Recover on R, Step L side left, Hold
5-8 Cross rock R over L, Recover on L, Step R side right and 1/8 turn right (face 1:30), Hold
- 1-4 Step L forward (toward 1:30), Spiral full turn right on L, Step R forward, Step L forward
5-8 Step R forward, Sweep L from back to front, Cross step L over R, Step R back

[49-64] SIDE-CLOSE-SIDE, WALK, ROCK-RECOVER, SWEEP x2, 1/2 TURN L

- 1-4 1/8 turn left (face 12:00) and Step L side left, Close R next to L, Step L side left, Hold
5-8 1/8 turn left (face 10:30) and Step R forward, Hold, Rock L forward, Recover on R
- 1, 2 Step L back and 1/8 turn right (face 12:00) as Sweeping R from front to back
3, 4 Step R back and Sweep L from front to back, Touch L back
5, 6, 7 1/2 Turn left and put weight on L, Hold, Hold
8 Close R next to L

TAG: After 1st wall (facing 6:00), add 8 count tag as follows:

[1-8] SWIVEL x2

- 1-4 Swivel slowly to left on ball of R and Step L diagonally forward left
5-8 Swivel slowly to right on ball of L and Step R forward