

Heartbeat

COPPERKNOB
BY SHEETS

拍數: 64 牆數: 2 級數: Phrased Intermediate
編舞者: Miguel Menendez (ES) & Daniel Trepát (NL) - November 2016
音樂: Heartbeat - Christopher



Intro: 8 counts (app. 8 sec into track)

Sequences: A - A* - B - A - A** - B - A***

A* = Restart

A** = Tag and start part B

A*** = Ending at count 19

Part A : 48 counts

A[1 – 9] Bodyroll, Step back R L, ¼ turn R, Side, Sways L R, 1 ¼ turn L, Sweep, Start Modified Half Diamond

1 – 2&3 Roll from head to hips (bodyroll) (1), Step R back (2), Step L back (&), ¼ turn stepping R to R side (3) 3:00

4 – 5 Sway to L side (4), Sway to R side (5) 3:00

6&7 ¼ turn L stepping L forward (6), ½ turn L stepping R back (&), ½ turn L stepping L fwd & sweeping R fwd (7) 12:00

8&1 Cross R over L (8), Step L to L side (&), 1/8 turn R stepping R back (1) 1:30

A[10 – 16] Finish Modified Half Diamond, Rock & 5/8 turn R, Sweep fwd, Cross, Side, Sweep back, Cross, Side

2&3 Step L back (2), 1/8 turn R stepping R to R side (&), 1/8 turn R stepping L forward (3) 4:30

4&5 Rock R forward (4), Recover on L (&), 5/8 turn R stepping forward on R & sweeping L forward (5) 12:00

6&7&8 Cross L over R (6), Step R to R side (&), Cross L behind R & sweep R to back (7), Cross R behind L (8) Step L to L side (&)

12 00

A[17 – 24] Cross Rock, Side, Cross Rock ¼ turn L, Side, Hand Movements ¼ turn R, Collect, Step

1 – 2& Cross R over L (1), Recover on L (2), Step R to R side (&), 12:00

(At the end of the music do after the & count the heartbeat chestpops)

3 – 4& Cross L over R (3), Step R back (4), ¼ turn L stepping L to L side 9:00

5&6&7 8 Put R hand in the shape of a half heart in front of chest (5), Put L hand in the shape of a half heart in front of chest (making a full heart together with both hands) (&), ¼ turn R putting your weight on R (6), Bring the heart forward (&), Bring the heart back to the chest & collect L towards R (7), Step L forward (8) 12:00

A[25 – 32] Rockstep fwd, Close, Rockstep back, Hand movement, Full turn L with sweep, Cross, Side, Spiral 1/2 turn R

1 2&3 4 Rock R forward & Swinging L arm forward (1), Recover on L (2), Step R next to L (&), Rock L back & Swinging L arm back (3), Recover on R and swing the hand forward and place it on your mouth (4) 12:00

Restart In the 2nd time doing part A do a restart on this moment just replace count 4 with a step L next to R 6:00

Tag: Start in the 4th time doing part A on count 4 = Recover on R (4), Step L next to R (&), Rock R forward (5), Recover on L (6), Step R next to L (&) 6:00

5 – 6 ½ turn L stepping L forward & start sweeping R forward (5), ½ turn L finish sweeping R forward (6) 12:00

7 – 8& Cross R over L (7), Step L to L side (8), ½ turn R keeping the weight on L 6:00

A[33 – 40] Walk R L R, Rock ¼ turn L, Syncopated Turning Weave, ¼ turn R

1 – 3 Walk R forward (1), Walk L forward (2) Walk R forward (3) 6:00

4&5&6& Rock L forward (4), Recover on R (&), ¼ turn L stepping L to L side (5), Cross R over L (&),
¼ turn R stepping L back (6), ½ turn R stepping R forward (&) 12:00
7 – 8 Step L forward (7) ¼ turn R stepping R to R side (8) 3:00

A[41 – 48] Skate L, Skate R, Step with Hitch, Step Back 3x, ¼ turn L, Hold, ½ turn R Close, Hold

1 – 3 Skate L diagonally forward (1), Skate R diagonally forward (2), Step L forward & Hitch R (3)
3:00
4& á5678 Step R back (4), Step L back (&), Step R back (á), ¼ turn L stepping L to L side (5),
Hold (6), ½ turn R stepping L next to R (7), Hold (8) 6:00

Part B : 16 counts

B[1 – 8] (Heartbeat Section) Chestpops with Steps

&1 – 2 Pop chest (&), Pop Chest (1), Step R forward (2) 6:00
&3 – 4 Pop chest (&), Pop Chest (3), Step L forward (4) 6:00
&5 – 6 Pop chest (&), Pop Chest (5), ¼ turn stepping R to R side (6) 3:00
&7 – 8 Pop chest (&), Pop Chest (7), ¼ turn Stepping L forward (8) 12:00

B[9 – 16] Chestpops Side step, Knee out In step L, Hand movement Collect, Handmovement

&1 – 2 Pop chest (&), Pop Chest (1), Step R to R side (2) 12:00
&3 – 4 L Knee out (&), L knee in (3), Step L to L side (4) 12:00
&5 – 6 R hand on heart (&), L hand on heart (5), Collect R next to L (6) 12:00
7&8& Hands slightly forward (7) Hands a little further forward (&), Hands a little further forward (8),
Hands fully forward (&) (on 1 open the hands to side to start part A) 12:00

Begin again!
