Heart Beating (aka Herzbeben)

拍數: 32 牆數: 4 級數: Intermediate - Disco Fox
編舞者: Robert Hahn (DE) - March 2018
音樂: Herzbeben - Helene Fischer

Note: start on vocals, after 8 counts intro
Phrasing: 32+4 (Tag 1), 32, 32, 32+8 (Tag 2), 32+16 (Tag 3), 32, 32+16 (Tag 3), 32+12 (Tag 4), 32, 32, 32, 8 (Ending)

[1-8] Step Cross, Side, Sailor Step, Step Cross, Side, ¼ Sailor Turn Left
1-2	Step right across left, step left to left side
3&4	Step right behind left, step left to left side, step right slightly to right side
5-6	Step left across right, step right to right side
7&8	Make a ¼ left and step left behind right, step right to right side, step left slightly to left side (9:00)

[9-16] Rock Step, ½ Shuffle Turn Right, Rock Step, Coaster Step
1-2	Step right forward, recover weight back onto left
3&4	Make a ¼ turn right and step right to right side, step left next to right, make a ¼ turn right and step right forward (3:00)
5-6	Step left forward, recover weight back onto right
7&8	Step left back, step right next to left, step left forward

[17-24] Step Side, Behind, Shuffle Side, Rock Step Cross, Shuffle Side With ¼ Turn Left
1-2	Step right to right side, step left behind right
3&4	Step right to right side, step left next to right, step right to right side
5-6	Step left across right, recover weight back onto right
7&8	Step left to left side, step right next to left, make a ¼ turn left and step left forward (12:00)

[25-32] Step ½ Pivot Turn Left, Shuffle Forward, Side Rock, ¼ Sailor Turn Left
1-2	Step right forward, make a ½ turn left and recover weight forward onto left (6:00)
3&4	Step right forward, step left next to right, step right forward
5-6	Step left forward, recover weight back onto right
7&8	Make a ¼ left and step left behind right, step right to right side, step left slightly to left side (3:00)

Tag 1: Add the following steps at the end of wall 1 (facing 3:00), then restart.
[1-4] Rocking Chair
1-2	Step right forward, recover weight back onto left
3-4	Step right back, recover weight forward onto left

Tag 2: Add the following steps at the end of wall 4 (facing 12:00), then restart.
[1-8] Rocking Chair, Step ½ Pivot Turn Left (2x)
1-2	Step right forward, recover weight back onto left
3-4	Step right back, recover weight forward onto left
5-6	Step right forward, make a ½ turn left and recover weight forward onto left
7-8	Step right forward, make a ½ turn left and recover weight forward onto left

Tag 3: Add the following steps at the end of wall 5 (facing 3:00) and wall 7 (facing 9:00), then restart.
[1-8] Rocking Chair, Step ½ Pivot Turn Left (2x)
1-2	Step right forward, recover weight back onto left
3-4	Step right back, recover weight forward onto left
5-6	Step right forward, make a ½ turn left and recover weight forward onto left

| 7-8 | Step right forward, make a ½ turn left and recover weight forward onto left |

[9-16] Step Cross, Side, Sailor Step, Step Cross, Side, Sailor Step

1-2	Step right across left, step left to left side
3&4	Step right behind left, step left to left side, step right slightly to right side
5-6	Step left across right, step right to right side
7&8	Step left behind right, step right to right side, step left slightly to left side

Tag 4: Add the following steps at the end of wall 8 (facing 12:00), then restart.
[1-12] Slow Full Circle Walk

1-4	make a ¼ turn left and step right forward (3:00), hold, make a ¼ turn left and step left forward (6:00), hold
5-8	step right forward (6:00), hold, make a ¼ turn left and step left forward (9:00), hold
9-12	step right forward (9:00), hold, make a ¼ turn left and step left forward (12:00), hold

Ending: Add the following steps at the end of wall 11 (facing 9:00) and finish the dance.

1-8	Step Cross, Side, ¼ Sailor Turn Right
1-2	Step right across left, step left to left side
3&4	make a ¼ turn right and step right behind left, step left to left side, step right slightly to right side
5-8	Step left forward, recover weight back onto right, step left back and pose!!!

Contact – Submitted by - else.richter@t-online.de