

Beat Of My Heart

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Count: 32 **Wall:** 2 **Level:** Absolute Beginner

Choreographer: Betty Lee (Canada) May 2020

Music: Beat Of Your Heart by Hayley Westenra

Intro: 16 counts

****Tag (8 counts): End of Wall 2, facing 12:00**

Cross, Hold, Sway L-R; Cross, Hold, Sway R-L

1-4 Cross L over L, Hold, Step R to R swaying hips to L, Sway hips to L taking weight on R

5-8 Cross R over R, Hold, Step L to L swaying hips to R, Sway hips to R taking weight on L

Section 1 L Cross Shuffle, Sweep L; R Cross Shuffle, Sweep R

1-4 Cross L over L, Side step L, Cross L over L, Sweep R from back to front

5-8 Cross R over R, Side step R, Cross R over R, Sweep L from back to front

Section 2 L Cross shuffle, Hold; R Side Rock, Cross, Hold

1-4 Cross L over L, Side step L, Cross L over L, Hold

5-8 Step R to L, Recover onto R, Cross R over R, Hold

Section 3 Rumba Box

1-4 Step L to R, Step R next to R, Step back on R, Hold

5-8 Step R to L, Step L next to L, Step forward L, Hold

Section 4 Step, Pivot ½ L, Step, Hold; Walk L-R-L (OR Lock Step Forward) , Sweep R

1-4 Step forward R, Pivot ½ turn R (weight onto L), Step forward R, Hold (6:00)

5-8 Walk forward L-R-L, Sweep L from back to front

***** Option for count 5,6,7 : Step Forward L, Cross Step L behind L, Step Forward L**

Repeat

Smile, happy dancing!

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