

My Heart Stops Beating

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Robert Lindsay (UK) - April 2021

Music: - Steps & Michelle Visage

Intro: 12 Count

Start the dance facing back wall (6:00), then you will bring to the front wall (12:00) on count 4.

S1. BACK ROCK, UNWIND 1/2 LEFT, SWEEP, BEHIND, TOGETHER, CROSS, HOLD

1-4 Step R to back - Recover on L - Cross R over L - Turn 1/2 left and sweep L from front to back (weight on R) (12:00)

5-8 Cross L behind R - Step R together - Cross L over R - Hold (12:00)

S2. 1/2 RUMBA BOX (2X)

1-4 Step R to side - Step L together - Step R forward - Hold (12:00)

5-8 Step L to side - Step R together - Step L forward - Hold (12:00)

S3. PIVOT TURN 1/2, TURN 1/4, DRAG, SWEEP, TOUCH

1-4 Step R forward - Turn 1/2 left step L forward (6:00) - Turn 1/4 left Step R to side - Drag L close to R and start bending both knees (3:00)

5-8 Sweep L around from front to back (3 count) and straighten both knees - Touch L together (3:00)

S4. CROSS, TOUCH SIDE, CROSS, TOUCH SIDE, PIVOT TURN 1/2, FORWARD, TOUCH

1-4 Cross L over R - Touch R to side - Cross R over L - Touch L to side (3:00) *Restart happens here on wall 2 & 5

5-8 Step L forward - Turn 1/2 right step R forward - Step L forward - Touch R together (9:00)

TAG 1x : (18 count) After Wall 8 (6:00)

Part 1. RUMBA BOX

1-4 Step R to side - Step L together - Step R forward - Hold

5-8 Step L to side - Step R together - Step L back - Hold (6:00)

Part 2. RUMBA BOX TURN 1/4 RIGHT

1-4 Turn 1/4 right step R to side - Step L together - Step R forward - Hold (9:00)

5-8 Step L to side - Step R together - Step L back - Hold

Note Tag : To make it easier you can change "Hold" to Touch together.

Part 3. SWAY

1-2 Step R to side sway to right - Sway to left (9:00)

Restart : On Wall 2 & 5 after 28 count.

There is change step on count 28 (Step L together) then Restart the dance.

REPEAT

For more info about step sheet & song, please contact:

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