

# Heartbeat Shift

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**Count:** 32

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Ria Vos (NL) - November 2025

## Intro: 16 Counts

**Walk, Walk, Ball-Cross  $\frac{1}{4}$  L,  $\frac{1}{4}$  R, Shuffle  $\frac{1}{2}$  R, Rock Back**

**1-2 Step Fwd on R, Step Fwd on L**

**&3-4  $\frac{1}{4}$  L Step on Ball of R to R Side, Cross L Over R,  $\frac{1}{4}$  R Step Fwd on R (12:00)**

**5&6 Shuffle  $\frac{1}{2}$  Turn R Stepping L-R-L (6:00)**

**7-8 Rock Back on R, Recover on L**

**Full Turn L, Side Rock, Step Fwd, Step Pivot  $\frac{1}{4}$  R, Samba Step**

**1-2  $\frac{1}{2}$  Turn L Step Back on R,  $\frac{1}{2}$  Turn L Step Fwd on L (6:00)**

**&3-4 Quick Rock R to R Side, Recover on L, Step Fwd on R**

**5-6 Step Fwd on L, Pivot  $\frac{1}{4}$  Turn R (9:00)**

**7&8 Cross L Over R, Step R to R Side, Step L to L Side**

**Syncopated Jazzbox, Side, Rock Back, Step-Touch, Step-Touch**

**1-2 Cross R Over L, Step Back on L**

**&3-4 Step R to R Side, Cross L Over R, Step R to R Side**

**5-6 Rock Back on L, Recover on R**

**&7 Small L Step Fwd to L Diagonal, Touch R Next to L**

**&8 Small R Step Fwd to R Diagonal, Touch L Next to R**

**Rock Fwd, Shuffle Back,  $\frac{1}{2}$  R, Step Pivot  $\frac{1}{2}$  Turn R, Step Fwd**

**1-2 Rock Fwd on L, Recover on R**

**3&4 Shuffle Backwards Stepping L-R-L**

**5-6  $\frac{1}{2}$  Turn R Step Fwd on R, Step Fwd on L (3:00)**

**7-8 Pivot  $\frac{1}{2}$  Turn R, Step Fwd on L (9:00)**

**Tag: After Wall 7 (3:00)**

**Out-Out, In-In, Arms**

**1-2 Step Out on R, Step Out on L**

**3-4 Step In on R, Step L Next to R**

**5-6 Place R Hand Across Chest, Place L Hand Over R Hand (on heart)**

**7-8 Move Both Hands Fwd and Back on Chest x2 (heartbeat)**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=204239](https://www.linedance.com/index.php?f=dance_view&id=204239)