

# CARDIAC ROCK

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Dean Gambino

**Music:** Heart Of Rock And Roll by Huey Lewis & The News

**Dance starts 32 counts in after "heartbeats" on the lyrics**

**SHUFFLE RIGHT, ½ TURN LEFT, SHUFFLE LEFT, ROCK BACK, RECOVER, ¼ SHUFFLE TURN LEFT**

**1&2** Shuffle right-left-right to right, pivot on right ½ turn left

**3&4** Shuffle left-right-left to left

**5-6** Rock back right behind left, recover forward left

**7&8¼ shuffle turn left, right-left-right (7&8)**

**ROCK BACK, RECOVER, SHUFFLE FORWARD, ROCK FORWARD, RECOVER, ¾ SHUFFLE TURN RIGHT**

**1-2** Rock back on left, recover forward on right

**3&4** Shuffle forward left-right-left

**5-6** Rock forward right, recover back left

**7&8¾ shuffle turn right right-left-right**

**POINT, CROSS BEHIND, POINT, CROSS BEHIND, ¼ TURN RIGHT COASTER STEP, ½ STEP PIVOT LEFT**

**1-4** Point left to left, step left behind right, point right to right, step right behind left

**5-8** Step left slightly back making a ¼ turn right, step right next to left, step left forward, step right forward, ½ turn left weighting left

**STEP RIGHT, DRAG, ROCK BACK, RECOVER, STEP LEFT, DRAG, ROCK BACK, RECOVER**

**1-4** Large step right to right, drag left just behind right, rock back left behind right, recover forward on right

**5-8** Large step left to left, drag right just behind left, rock back right behind left, recover forward on left

**REPEAT**

## **TAG A**

**Done after walls, 1 (9:00), 4 (12:00), 9 (9:00)**

**1-2** Rock back on right, recover forward on left

## **TAG B**

**Done after walls, 3 (3:00) and 6 (6:00). Place hands on thighs through counts 1-8**

**1&2** Step right to right, weight on both feet, lift both heels, drop both heels

**3&4** While pivoting on the right, make a  $\frac{1}{4}$  turn left, stepping left to left, weight on both feet, lift both heels, drop both heels

**5&6** While pivoting on the left, make a  $\frac{1}{4}$  turn left, stepping right to right, weight on both feet, lift both heels, drop both heels

**7&8** While pivoting on the right, make a  $\frac{1}{4}$  turn left, stepping left to left, weight on both feet, lift both heels, drop both heels

**&** While pivoting on the left, make a  $\frac{1}{4}$  turn left and flick the right behind left leg

## **ALTERNATE MOVES:**

**During the 2nd & 5th repetitions, replace counts 29-32 with:**

**5-6&7-8** Step left to left, hip bumps left, right, left, hold

**You'll hear heavy drum beats at this point**

**During the 10th repetition, replace counts 29-32 with:**

**5** Step left to left, lifting shoulders and looking to 7:00

**&6&7&8** Shoulder pumps, count on the down moves

**You'll hear the lyrics, "Dit, Dit, Dit, Dit, they say..."**