

Heartbeat EZ

LINEDANCE.COM

Count: 32

Wall: 4

Level: Absolute Beginner / Beginner

Choreographer: Annemaree Sleeth - Feb 2015

Music: Heartbeat by Heartbeat Duo (139 bpm)

Music available on Heartbeatduo.com or iTunes

Alternative Music : Heartbeat by Buddy Holly Album. The Best of Buddy Holly and The Crickets

Or any version

Optional Restart

Intro 8 count Dance Moves CCW

SECT 1: ANGLE HIP ROCKS , ANGLED HIP ROCKS (Travels Forward)

1 - 4 Step diag forward R hips forward, hips back L, step forward on R, hold

5- 8 Step L diag forward hips forward, hips back R, hips forward L step on L, hold

Sec 2: MAMBO KICK , BACK, BACK BACK FLICK

1 - 4 Rock Forward ,recover L, step back R, kick L low and forward

(Optional click you fingers down here to the kicked foot)

5 - 8 Back L, back R, back L , flick R behind L (arms out)

Sec 3: R TOE STRUTS ROCK RECOVER, L TOE STRUTS ROCK RECOVER (add rolling arms on toe struts)

1 - 4 Touch R toe side, drop R heel down, rock back behind L, recover R

5 - 8 Touch L toe side, drop L heel down, rock back behind R, recover L

Easier option on Toe Struts

1 - 4 Step R side hold, step L side hold

Sec 4: ¼ L R TOE STRUTS ROCK RECOVER, L TOE STRUTS ROCK RECOVER

1 - 4¼ L Touch R toe side, drop R heel down ,rock back L behind R, recover R

5 - 8 Touch L toe side, drop L heel down rock back R behind L, recover L

Restart Wall 9 facing front dance 24 counts and Restart from the beginning

Ending: Facing 9.00 Dance 16 steps then step $\frac{1}{4}$ side to face front and pose.

Contact: Email: inlinedancing@gmail.com - Website www.inlinedancing.webs.com

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=102584