

HEART STOPPER

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Count: 48

Wall: 4

Level: intermediate

Choreographer: Lee Birks

Music: The Heart Stops The Clock by James Bonamy

AND ROCK, ROCK, SHUFFLE, ROCK, ROCK, SHUFFLE

- &1-2** Step left to left side, rock back on right, rock forward on left.
- 3&4** Right shuffle forward, stepping right, left, right
- 5-6** Rock forward on left, rock back on right
- 7&8** Shuffle back on left, stepping left, right, left

TOUCH, ½ TURN, STEP, HEEL TWIST, JACK, ¾ RONDA SWEEP

- 1-2** Touch right toe behind, ½ turn over right shoulder (weight on right)
- 3&4** Step forward left, weight on balls of both feet twist heels up and to the left and back to center
- 5&6** Touch right next to left, step back on right touching left heel forward
- 7-8** Replace weight on left, sweep right round to the left to make ¾ turn

SIDE, TOGETHER, SHUFFLE, CROSS ROCK SHUFFLE

- 1-2** Step right to right side, close left to right
- 3&4** Right shuffle to the right, stepping right, left, right
- 5-6** Cross rock to the right, rock back on right
- 7&8** Left shuffle left, stepping left, right, left

CROSS, HOLD, CROSS, HOLD, ¼ TURN HEEL GRIND, COASTER STEP

- 1-2** Cross right over left, hold
- &3-4** Step left to left side, cross right over left, hold
- 5-6** Step left heel out to side & grind left heel, making ¼ turn left
- 7&8** Step back on left, close right to left, step forward left

SHUFFLE, ROCK, ROCK, ½ TURN SHUFFLE, ½ TURN SHUFFLE

- 1&2** Right shuffle forward, stepping right, left, right
- 3-4** Rock forward on left, rock back on right

5&6 Left shuffle back, making $\frac{1}{2}$ turn over left shoulder, stepping left, right, left

7&8 Right shuffle forward, stepping right, left, right

COASTER STEP, $\frac{1}{4}$ TURN SIDE, SIDE ROCK, SIDE ROCK, SIDE ROCK

1&2 Step back left, close right to left, step forward left

3-4 Step forward right, making $\frac{1}{4}$ turn left, lift left heel off floor

5-6 Step down on left, angle body right, lift right heel off floor

7-8 Step down on right, angle body left, lift left heel off floor

REPEAT

For last 6 counts by bending and straightening both knees, and angling your body in the direction of the lifted heel, you will create a down up swing motion or simply do your own thing.