

# Heartbeat

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**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Danvoie Gregory & Lee Hamilton (April 2016)

**Music:** Heartbeat - Carrie Underwood

## Intro: 16 counts

**[1-8] L rock fwd, L step back, R sweep, R behind, L side, R cross, L side step, R cross, hitch  $\frac{1}{4}$  R, step, hitch  $\frac{1}{2}$  L, R step-lock-step**

- 1&2** Rock L fwd (1), recover onto R (&), step L back & sweep R from front to back (2), 12:00
- 3&4&** Cross step R behind L (3), step L to left side (&), cross step R over L (4), step L to left side (&), 12:00
- 5&6&** Cross step R over L (5), make a  $\frac{1}{4}$  turn R by hitching L knee up (&), step L fwd (6), make a  $\frac{1}{2}$  turn L by hitching R knee up (&), 9:00
- 7&8&** Step R fwd (7), lock L behind R (&), step R fwd (8), hold (&), 9:00

**[9-16] L step, pivot  $\frac{1}{2}$  R, Grapevine  $\frac{1}{4}$  L, R cross, L step back, R step back, L cross, R step back, L step back**

- 1 2** Step L fwd (1), pivot  $\frac{1}{2}$  turn R taking weight onto the R (2), 3:00
- 3&4&** Make a  $\frac{1}{4}$  turn L by stepping L to the left side (3), cross step R behind L (&), step L to left side (4), hold (&), 6:00
- 5&6&** Cross step R over L (5), step L back (&), step R back (6), hold (&), 6:00
- 7&8&** Cross step L over R (7), step R back (&), step L back (8), hold (&), 6:00

**[17-24] R rock back,  $\frac{3}{4}$  turn L, L side rock, L cross rock, L side step, R rock back, step  $\frac{1}{4}$  R,  $\frac{3}{4}$  turn R**

- 1&2** Rock R back (1), recover onto L (&), make a  $\frac{1}{2}$  turn left stepping R back (2), 12:00
- 3&4&** Make a  $\frac{1}{4}$  turn left by rocking L to left side (3), recover onto R (&), cross rock L over R (4), recover onto R (&), 9:00
- 5&6&** Step L to left side (5), cross rock R behind L (&), recover onto L (6), make a  $\frac{1}{4}$  turn R stepping R fwd (&), 12:00
- 7&8&** Make a  $\frac{1}{2}$  turn right by stepping L back (7), make a  $\frac{1}{4}$  turn right by stepping R to right side (&), cross step L over R (8), hold (&), 9:00

**[25-32] R toe point, ¼ turn L, R step, L step, pivot ½ R, L step, R step, pivot ½ L, R step, full turn R, run LR**

- 1&2** Point R toe to right side (1), make a ¼ turn L (&), step R fwd (2), 6:00
- 3&4&** Step L fwd (3), make a ½ R taking weight onto the R (&), step L fwd (4), hold (&), 12:00
- 5&6&** Step R fwd (5), make a ½ L taking weight onto the L (&), step R fwd (6), hold (&), 6:00
- 7&8&** Make a ½ right stepping L back (7), make a ½ right stepping R fwd (&), step L fwd (8), step R fwd (&), 6:00

**\*\*Restart: Change the & count at the end of section 2 to a R step fwd on walls 3 & 6.**

**\*\*Tag: On wall 6, replace counts 4& in section 2 with:**

**L toe touch x2**

- 4&** Touch L toe to left side (4), touch L toe beside R (&)

**Then Restart the dance**

**\*\*Variation**

**Replace counts 3&4& in section 2 with a 1 ¼ turn R**

- 3&4&** Make a ½ R by stepping L back (3), make a ½ R by stepping R fwd (&), make a ¼ R by stepping L to left side (4), hold (&)

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