

# HEART BEAT

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Bill Lancaster

**Music:** You Still Got It by Ricochet

## HEEL ROCKS

- 1-2 Step right heel forward; step left heel forward; (weight is on both heels)
- 3-4 Step right foot back home; step left foot back home; (stand in normal position)
- 5-6 Step right heel forward; step left heel forward; (weight is on both heels)
- 7-8 Step right foot back home; step left foot back home; (stand in normal position)

## ROCK, KICK, BRUSHUP, HOP

- 1-2 Rock back on right; rock forward on left
- 3-4 Kick right forward scuffing past left; cross right in front & above left knee
- 5-6 Kick right forward; scuff right beside left
- &7-8 Step right back; step back on left; step right forward; (done with a skip forward)

## WALK, ¼ MONTEREY

- 1-2-3-4 Walk forward left, right, left; tap right beside left
- 5-6 Right touch to right side; turn ¼ turn to the right step right beside left
- 7-8 Left touch to left side; step left beside right

## SIDE STEPS, TOE TOUCH, HOLD

- 1-2-3-4 Step right to side; step left beside right; touch right toe to side, heel raised turning right foot and body ¼ turn to the right while touching brim of hat (right hand) keeping weight on left foot which stays in original position; hold
- 5-6-7-8 Step right to right side bringing right foot back to the same direction as left; step left beside right; tap right toe to side, heel raised turning right foot and body ¼ turn to the right while touching brim of hat keeping weight on left foot which stays in original position; hold

## VINE, ¼ TURN KICKBALL CHANGE, HITCH

- 1-2 Step right to right side bringing right foot back to the same direction as left; step left behind right
- 3-4 Step right to side turning ¼ turn to the right; step left together

- 5&6** Right kick forward and bring back and transfer weight to right then quickly to left lifting right
- 7-8** Kick right forward; turn  $\frac{1}{4}$  turn to the left while hitching right knee  $\frac{1}{4}$  turn

### **CHINE STEPS, ROLLING VINE BACK**

- 1&2** Step right in front of left; step left to left side; step right in front of left
- &3** Step left to left side; step right in front of left
- &4** Step left to left side; step right in front of left
- 5-6** Step left back; step back on right turning  $\frac{1}{2}$  turn to the right
- 7-8** Step left forward turning  $\frac{1}{2}$  turn to the right; tap right beside left

### **LOCK STEPS**

- 1-2-3-4** Step right forward; lock left behind right; step right forward scuff left beside right
- 5-6-7-8** Step left forward; lock right behind left; step left forward; step right beside left

### **HIPS**

- 1-2** Step right slightly to right pushing hips to the right twice
- 3-4** Push hips to the left twice
- 5-6-7-8** Push hips (single) right, left, right, left

### **REPEAT**