

# Heartbeat

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Dan Morrison – Oct. 2015

**Music:** Heartbeat by Beckah Shae

## Intro: 16 Counts, Start on Lyrics

### Step, Rock-Step-Step, Behind-Side-Cross, Touch, Behind-1/4-Step

- 1** Step R side R
- 2&3** Rock L behind R (2) Recover onto R (&) Step L side L (3)
- 4&5** Step R behind L (4) Step L side L (&) Step R over L (11 o'clock) (5)
- 6** Touch L forward (11 o'clock)
- 7&8** Step L behind R (7) Step R 1/4 R (3 o'clock) (&) Step L forward (8)

### Rock-Recover-Hitch, Step-Lock-Step, 1/2 Shuffle, Chase

- 1&2** Rock R forward (1) Recover onto L (&) Hitch R Knee (2)
- 3&4** Step R back (3) Lock L over R (&) Step R back (4)
- 5&6 1/4 turn L, Step L side L (5) Step R beside L (&) 1/4 turn L, Step L forward (6)**
- 7&8** Step R forward (7) 1/2 Pivot L, wt on L (&) Step R forward (8)

### Soft-Shoe, Sailor, Soft-Shoe, Sailor

- 1&2&** Rock L forward (1) Recover onto R (&) Rock L side L (2) Recover onto R (&)
- 3&4** Step L behind R (3) Step R beside L (&) Step L side L (4)
- 5&6&** Rock R forward (5) Recover onto L (&) Rock R side R (6) Recover onto L (&)
- 7&8** Step R behind L (7) Step L beside R (&) Step R side R (8)

### Cross-Shuffle, Scissor, 1/2 Shuffle, Shuffle-Step

- 1&2** Step L over R (1) Step R side R (&) Step L over R (2)
- 3&4** Step R side R (3) Step L beside R (&) Step R over L (4)
- 5&6 1/4 turn R, Step L back (5) 1/4 turn R, Step R side R (&) Step L over R (6)**
- 7&8&** Step R side R (7) Step L over R (&) Step R side R (8) Step L over R (&)

**HAVE FUN AND ENJOY**

**Contact: [dan\\_orillia@live.com](mailto:dan_orillia@live.com)**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=107566](https://www.linedance.com/index.php?f=dance_view&id=107566)