

# IN A HEARTBEAT

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**Count:** 64

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Kevin & Maria Smith

**Music:** In A Heartbeat by Rodney Atkins

## STEP FORWARD, DRAG, STEP FORWARD, DRAG, ½ TURN, HOLD

**1-2-3-4** Step forward left, drag right to left, step forward right, drag left to right

**5-6-7-8** Step forward left, step forward right, ½ pivot turn left step left forward, hold

## STEP FORWARD, DRAG, STEP FORWARD, DRAG, ½ TURN, HOLD

**1-2-3-4** Step right forward, drag left to right, step forward left, drag right to left

**5-6-7-8** Step forward right, step forward left, ½ pivot turn right step right forward, hold

## STEP SIDE, BEHIND, SIDE, DRAG & CROSS, SIDE SHUFFLE

**1-2-3-4** Step left to side, cross right behind left, step left to side, drag right to left slightly behind

**5&6-7&8** Step right, & step left to side, cross right in front of left, side shuffle left-right-left

## ROCK, ¼ TURN, SHUFFLE, STEP, TURN, CROSS SHUFFLE

**1-2-3&4** Rock right across left, take weight left, ¼ turn right shuffle forward right-left-right

**5-6-7&8¾** turn right step forward left-right, (facing front wall) cross shuffle left-right-left

## ROCK FORWARD, BACK, CHA-CHA, ROCK BACK, FORWARD ¼ TURN, CHA-CHA

**1-2-3&4** Rock forward right, rock back left, cha-cha back right-left-right

**5-6-7&8** Rock back left, rock forward, right, ¼ turn right cha-cha left-right-left

## ROCK FORWARD, BACK, SWEEP BACK, ROCK BACK, ROCK FORWARD, HOLD

**1-2-3-4** Rock forward right, back left, swing right back (1 beat), step back on right

**5-6-7-8** Rock back left, rock back right, step forward left, hold

## ROCK ¼ TURN, SIDE SHUFFLE, ROCK SIDE, SHUFFLE

**1-2-3&4** Rock forward right, rock back left, ¼ turn right side shuffle right-left-right

**5-6-7&8** Rock left over right, take weight right, side shuffle left-right-left

## 4 X HIP BUMPS RIGHT-LEFT-RIGHT-LEFT, CROSS UNWIND ¾ TURN, HOLD

**1-2-3-4** Hip sways right-left-right-left

**5-6-7-8** Cross right over left, unwind turn left (2 beats), hold (transfer weight on right)

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=49464](https://www.linedance.com/index.php?f=dance_view&id=49464)