

Heartbeat

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Count: 64 **Wall:** 2 **Level:** Phrased Intermediate

Choreographer: Miguel Menendez (ES) & Daniel Trepas (NL) Nov 2016

Music: Heartbeat by Christopher

Intro: 8 counts (app. 8 sec into track)

Sequences: A - A* - B - A - A - B - A*****

A* = Restart

A= Tag and start part B**

A*= Ending at count 19**

Part A : 48 counts

A[1 - 9] Bodyroll, Step back R L, ¼ turn R, Side, Sways L R, 1 ¼ turn L, Sweep, Start Modified Half Diamond

1 - 2&3 Roll from head to hips (bodyroll) (1), Step R back (2), Step L back (&), ¼ turn stepping R to R side (3) 3:00

4 - 5 Sway to L side (4), Sway to R side (5) 3:00

6&7¼ turn L stepping L forward (6), ½ turn L stepping R back (&), ½ turn L stepping L fwd & sweeping R fwd (7) 12:00

8&1 Cross R over L (8), Step L to L side (&), 1/8 turn R stepping R back (1) 1:30

A[10 - 16] Finish Modified Half Diamond, Rock & 5/8 turn R, Sweep fwd, Cross, Side, Sweep back, Cross, Side

2&3 Step L back (2), 1/8 turn R stepping R to R side (&), 1/8 turn R stepping L forward (3) 4:30

4&5 Rock R forward (4), Recover on L (&), 5/8 turn R stepping forward on R & sweeping L forward (5) 12:00

6&78& Cross L over R (6), Step R to R side (&), Cross L behind R & sweep R to back (7), Cross R behind L (8) Step L to L side (&)

12:00

A[17 - 24] Cross Rock, Side, Cross Rock $\frac{1}{4}$ turn L, Side, Hand Movements $\frac{1}{4}$ turn R, Collect, Step

1 - 2& Cross R over L (1), Recover on L (2), Step R to R side (&),12:00

(At the end of the music do after the & count the heartbeat chestpops)

3 - 4& Cross L over R (3), Step R back (4), $\frac{1}{4}$ turn L stepping L to L side 9:00

5&6&7 8 Put R hand in the shape of a half heart in front of chest (5), Put L hand in the shape of a half heart in front of chest (making a full heart together with both hands) (&), $\frac{1}{4}$ turn R putting your weight on R (6), Bring the heart forward (&), Bring the heart back to the chest & collect L towards R (7), Step L forward (8) 12:00

A[25 - 32] Rockstep fwd, Close, Rockstep back, Hand movement, Full turn L with sweep, Cross, Side, Spiral $\frac{1}{2}$ turn R

1 2&3 4 Rock R forward & Swinging L arm forward (1), Recover on L (2), Step R next to L (&), Rock L back & Swinging L arm back (3), Recover on R and swing the hand forward and place it on your mouth (4) 12:00

Restart In the 2nd time doing part A do a restart on this moment just replace count 4 with a step L next to R 6:00

Tag: Start in the 4th time doing part A on count 4 = Recover on R (4), Step L next to R (&), Rock R forward (5), Recover on L (6), Step R next to L (&) 6:00

5 - $6\frac{1}{2}$ turn L stepping L forward & start sweeping R forward (5), $\frac{1}{2}$ turn L finish sweeping R forward (6) 12:00

7 - 8& Cross R over L (7), Step L to L side (8), $\frac{1}{2}$ turn R keeping the weight on L 6:00

A[33 - 40] Walk R L R, Rock $\frac{1}{4}$ turn L, Syncopated Turning Weave, $\frac{1}{4}$ turn R

1 - 3 Walk R forward (1), Walk L forward (2) Walk R forward (3) 6:00

4&5&6& Rock L forward (4), Recover on R (&), $\frac{1}{4}$ turn L stepping L to L side (5), Cross R over L (&), $\frac{1}{4}$ turn R stepping L back (6), $\frac{1}{2}$ turn R stepping R forward (&) 12:00

7 - 8 Step L forward (7) $\frac{1}{4}$ turn R stepping R to R side (8) 3:00

A[41 - 48] Skate L, Skate R, Step with Hitch, Step Back 3x, $\frac{1}{4}$ turn L, Hold, $\frac{1}{2}$ turn R Close, Hold

1 - 3 Skate L diagonally forward (1), Skate R diagonally forward (2), Step L forward & Hitch R (3) 3:00

4&á5678 Step R back (4), Step L back (&), Step R back (á), ¼ turn L stepping L to L side (5), Hold (6), ½ turn R stepping L next to R (7), Hold (8) 6:00

Part B : 16 counts

B[1 - 8] (Heartbeat Section) Chestpops with Steps

- &1 - 2** Pop chest (&), Pop Chest (1), Step R forward (2) 6:00
- &3 - 4** Pop chest (&), Pop Chest (3), Step L forward (4) 6:00
- &5 - 6** Pop chest (&), Pop Chest (5), ¼ turn stepping R to R side (6) 3:00
- &7 - 8** Pop chest (&), Pop Chest (7), ¼ turn Stepping L forward (8) 12:00

B[9 - 16] Chestpops Side step, Knee out In step L, Hand movement Collect, Handmovement

- &1 - 2** Pop chest (&), Pop Chest (1), Step R to R side (2) 12:00
- &3 - 4L Knee out (&), L knee in (3), Step L to L side (4) 12:00**
- &5 - 6R hand on heart (&), L hand on heart (5), Collect R next to L (6) 12:00**
- 7&8&** Hands slightly forward (7) Hands a little further forward (&), Hands a little further forward (8), Hands fully forward (&) (on 1 open the hands to side to start part A) 12:00

Begin again!