

# Heart Beating (a.k.a. Herzbeben)

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**Count:** 32

**Wall:** 4

**Level:** Intermediate - Disco Fox

**Choreographer:** Robert Hahn , Germany -31st March 2018

**Music:** Herzbeben by Helene Fischer

**Note: start on vocals, after 8 counts intro**

**Phrasing: 32+4 (Tag 1), 32, 32, 32+8 (Tag 2), 32+16 (Tag 3), 32, 32+16 (Tag 3), 32+12 (Tag 4), 32, 32, 32, 8 (Ending)**

**[1-8] Step Cross, Side, Sailor Step, Step Cross, Side, ¼ Sailor Turn Left**

- 1-2** Step right across left, step left to left side
- 3&4** Step right behind left, step left to left side, step right slightly to right side
- 5-6** Step left across right, step right to right side
- 7&8** Make a ¼ left and step left behind right, step right to right side, step left slightly to left side (9:00)

**[9-16] Rock Step, ½ Shuffle Turn Right, Rock Step, Coaster Step**

- 1-2** Step right forward, recover weight back onto left
- 3&4** Make a ¼ turn right and step right to right side, step left next to right, make a ¼ turn right and step right forward (3:00)
- 5-6** Step left forward, recover weight back onto right
- 7&8** Step left back, step right next to left, step left forward

**[17-24] Step Side, Behind, Shuffle Side, Rock Step Cross, Shuffle Side With ¼ Turn Left**

- 1-2** Step right to right side, step left behind right
- 3&4** Step right to right side, step left next to right, step right to right side
- 5-6** Step left across right, recover weight back onto right
- 7&8** Step left to left side, step right next to left, make a ¼ turn left and step left forward (12:00)

**[25-32] Step ½ Pivot Turn Left, Shuffle Forward, Side Rock, ¼ Sailor Turn Left**

- 1-2** Step right forward, make a ½ turn left and recover weight forward onto left (6:00)
- 3&4** Step right forward, step left next to right, step right forward
- 5-6** Step left forward, recover weight back onto right

**7&8** Make a  $\frac{1}{4}$  left and step left behind right, step right to right side, step left slightly to left side (3:00)

**Tag 1: Add the following steps at the end of wall 1 (facing 3:00), then restart.**

**[1-4] Rocking Chair**

**1-2** Step right forward, recover weight back onto left

**3-4** Step right back, recover weight forward onto left

**Tag 2: Add the following steps at the end of wall 4 (facing 12:00), then restart.**

**[1-8] Rocking Chair, Step  $\frac{1}{2}$  Pivot Turn Left (2x)**

**1-2** Step right forward, recover weight back onto left

**3-4** Step right back, recover weight forward onto left

**5-6** Step right forward, make a  $\frac{1}{2}$  turn left and recover weight forward onto left

**7-8** Step right forward, make a  $\frac{1}{2}$  turn left and recover weight forward onto left

**Tag 3: Add the following steps at the end of wall 5 (facing 3:00) and wall 7 (facing 9:00), then restart.**

**[1-8] Rocking Chair, Step  $\frac{1}{2}$  Pivot Turn Left (2x)**

**1-2** Step right forward, recover weight back onto left

**3-4** Step right back, recover weight forward onto left

**5-6** Step right forward, make a  $\frac{1}{2}$  turn left and recover weight forward onto left

**7-8** Step right forward, make a  $\frac{1}{2}$  turn left and recover weight forward onto left

**[9-16] Step Cross, Side, Sailor Step, Step Cross, Side, Sailor Step**

**1-2** Step right across left, step left to left side

**3&4** Step right behind left, step left to left side, step right slightly to right side

**5-6** Step left across right, step right to right side

**7&8** Step left behind right, step right to right side, step left slightly to left side

**Tag 4: Add the following steps at the end of wall 8 (facing 12:00), then restart.**

**[1-12] Slow Full Circle Walk**

**1-4** make a  $\frac{1}{4}$  turn left and step right forward (3:00), hold, make a  $\frac{1}{4}$  turn left and step left forward (6:00), hold

**5-8** step right forward (6:00), hold, make a  $\frac{1}{4}$  turn left and step left forward (9:00), hold

**9-12** step right forward (9:00), hold, make a  $\frac{1}{4}$  turn left and step left forward (12:00), hold

**Ending: Add the following steps at the end of wall 11 (facing 9:00) and finish the dance.**

**1-8** Step Cross, Side,  $\frac{1}{4}$  Sailor Turn Right

**1-2** Step right across left, step left to left side

**3&4** make a  $\frac{1}{4}$  turn right and step right behind left, step left to left side, step right slightly to right side

**5-8** Step left forward, recover weight back onto right, step left back and pose!!!

**Contact - Submitted by - [else.richter@t-online.de](mailto:else.richter@t-online.de)**