

# In A Heart Beat

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**Count:** 48      **Wall:** 2      **Level:** Improver

**Choreographer:** Helen Reeson , (April 2012)

**Music:** Summer Paradise (Australia) by Simple Plan

**[1-8] Cross Toe strut, Side Toe strut, Cross / Rock - Side Shuffle, Cross / Rock**

**1&2&3,4R** Cross Toe/Heel to L side, L Toe/Heel to L side, Cross R over L, Recover wgt on L

**5&6,7,8R** to R side, L beside R, R to R side, Cross L over R, Recover wgt on R

**[9-16] L Sailor step, Step-Paddle-Step - Rock Fwd / Back, L Coaster**

**1&2,3&4L** behind R, R to R side, L to L side, R Fwd, Paddle  $\frac{1}{4}$ L (wgt on L), R Fwd

**5,6,7&8** Rock fwd on L, Recover wgt back on R, Step L Back, R Beside, L Fwd ... 9.00

**[17-24] Cross Toe strut, Side Toe strut, Cross / Rock - Side Shuffle, Cross / Rock**

**1&2&3,4R** Cross Toe/Heel to L side, L Toe/Heel to L side, Cross R over L, Recover wgt on L

**5&6,7,8R** to R side, L beside R, R to R side, Cross L over R, Recover wgt on R

**[25-32] L Sailor step, Step-Paddle#-Step - Rock Fwd / Back, L Coaster**

**1&2,3&4L** behind R, R to R side, L to L side, R Fwd, Paddle  $\frac{1}{4}$ L (wgt on L), R Fwd ... 6.00

**5,6,7&8** Rock fwd on L, Recover wgt on R, Step L back, R beside, L fwd

**[33-40] Walk R - L, Fwd-Back-Back - Sweep-Back, Sweep-Back, Beh-Side-Cross**

**1,2,3&4R** fwd, L fwd, Rock fwd on R, Recover wgt on L, Step back on R

**&5&6** Sweep L out & back, Step back on L, Sweep R out & back, Step back on R

**7&8** Sweep and step L behind R, Step R to R Side, Cross L over R

**[41-48] Side / Rock, Cross-&-Cross-&\*-Cross / Rock, Side-Rock-Tch**

**1,2,3&4&R** side, Recover wgt on L, Cross R over L, L to L, Cross R over L, L to L

**5,6,7&8** Cross R over L, Recover wgt on L, Rock R to R, Recover wgt on L, Tch R beside L

**START AGAIN, and enjoy**

**TAGS (both at 6.00)**

**End of Wall 1: Point OUT-IN-OUT ...**

**1&2** Point R to R side, Tch R beside L, Point R to R side

**End of Wall 5: Point OUT-IN-OUT, BACK / ROCK-POINT ...**

**1&2,3&4** Point R out-in-out, Rock R behind L, Recover wgt on L, Point R to R side

**RESTARTS (at 12.00)**

**Wall 2 after count 44&\* Restart at 12.00 - Wall 3**

**Wall 4 after count 44&\* Restart at 12.00 - Wall 5 (Rap music)**

**Tag & RESTART (at 12.00)**

**Wall 6 (start at 6.00) after count 27&# add TOUCH R beside L, then Restart at 12.00 - Wall 7**

**FINISH: Wall 7 (start at 12.00) after count 42 (facing 6.00), add 4 counts:**

**1&2&3,4** Cross Toe-Heel,  $\frac{1}{4}$ L Toe-Heel,  $\frac{1}{4}$ L step R to R side, Step L beside R ... 12.00

**Split floor option: "HEART BEAT IN PARADISE" (Intermediate) by Lynne Dugay & Helen Reeson**

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