

# A Single Heartbeat

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Alison Biggs & Peter Metelnick , TheDanceFactoryUK, Feb. 2016

**Music:** As Long As We Are In Love - Ronan Keating, [Time Of My Life]

**Start after 16 count into (approx. 9 secs) - 3mins - 144bpm**

**Music Available: Amazon as an Mp3 download**

**[1-8] R chassé, L back rock/recover, L kick ball cross, syncopated ½ R hinge cross**

- 1&2** Step R side, step L together, step R side
- 3-4** Rock L back, recover weight on R
- 5&6** Kick L on left diagonal, step L back, cross step R over L
- 7&8** Turning ¼ right step L back, turning ¼ right step R side, cross step L over R (6 o'clock)

**[9-16] R side rock/recover, R together, L side, R cross step, L side, ¼ R toaster, L fwd**

- 1-2&** Rock R side, recover weight on L, step R together
- 3-5** Step L side, cross step R over L, step L side
- 6&7** Turning ¼ right step R back, step L together, step R forward (9 o'clock)
- 8** Step L forward

**WALL 2 RESTART: During wall 2 dance first 16 counts and restart the dance facing the back wall**

**[17-24] R fwd rock/recover, R back ball cross, R back, ½ L, ½ L, L coaster**

- 1-2&** Rock R forward, recover weight on L, step R back
- 3-4** Cross step L over R (body on right diagonal), step R back
- 5-6** Turning ½ left step L forward, turning ½ left step R back
- 7&8** Step L back, step R together, step L forward (9 o'clock)

**[25-32] R side rock/recover, R cross step, L side rock/recover, L cross step, R jazz box ball cross 2X**

- 1&2** Rock R side, recover weight on L, cross step R over L
- 3&4** Rock L side, recover weight on R, cross step L over R
- 5-6** Cross step R over L, step L back

**&7** Step R side, cross step L over R

**&8** Step R side, cross step L over R

**TAG: END OF WALL 4 and WALL 7 (both facing front wall). Add the following 4 counts**

**1-2** Step R side, touch L side

**3-4** Turning  $\frac{1}{4}$  left step L forward, touch R together

**BIG ENDING: Facing 3 o'clock dance 1st 6 counts & on counts 7-8 unwind  $1\frac{1}{4}$  left to face 12 o'clock & strike a pose! Or  $\frac{1}{4}$  left will work too!**

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