

**Heart Beat** 

BEGINNER 64 Count Choreographed by: Bill Lancaster Choreographed to: You Still Got It by Ricochet

Website: www.linedancerweb.com Email: admin@linedancerweb.com

## **HEEL ROCKS**

- 1 2 Step right heel forward; step left heel forward; (weight is on both heels)
- 3 4 Step right foot back home; step left foot back home; (stand in normal position)
- 5 6 Step right heel forward; step left heel forward; (weight is on both heels)
- 7 8 Step right foot back home; step left foot back home; (stand in normal position)

## ROCK, KICK, BRUSHUP, HOP

- 1 2 Rock back on right; rock forward on left
- 3 4 Kick right forward scuffing past left; cross right in front & above left knee
- 5 6 Kick right forward; scuff right beside left
- & 7 8 Step right back; step back on left; step right forward; (done with a skip forward)

### WALK, 1/4 MONTEREY

- 1 2 3 4 Walk forward left, right, left; tap right beside left
- 5 6 Right touch to right side; turn 1/4 turn to the right step right beside left
- 7 8 Left touch to left side; step left beside right

## SIDE STEPS, TOE TOUCH, HOLD

- 1 2 3 4 Step right to side; step left beside right; touch right toe to side, heel raised turning right foot and body 1/4 turn to the right while touching brim of hat (right hand) keeping weight on left foot which stays in original position; hold
- 5 6 7 8 Step right to right side bringing right foot back to the same direction as left; step left beside right; tap right toe to side, heel raised turning right foot and body 1/4 turn to the right while touching brim of hat keeping weight on left foot which stays in original position; hold

## VINE, 1/4 TURN KICKBALL CHANGE, HITCH

- 1 2 Step right to right side bringing right foot back to the same direction as left; step left behind right
- 3 4 Step right to side turning 1/4 turn to the right; step left together
- 5 & 6 Right kick forward and bring back and transfer weight to right then quickly to left lifting right
- 7 8 Kick right forward; turn 1/4 turn to the left while hitching right knee 1/4 turn

### CHINE STEPS, ROLLING VINE BACK

- 1 & 2 Step right in front of left; step left to left side; step right in front of left
- & 3 Step left to left side; step right in front of left
- & 4 Step left to left side; step right in front of left
- 5 6 Step left back; step back on right turning 1/2 turn to the right
- 7 8 Step left forward turning 1/2 turn to the right; tap right beside left

### LOCK STEPS

- 1 2 3 4 Step right forward; lock left behind right; step right forward scuff left beside right
- 5 6 7 8 Step left forward; lock right behind left; step left forward; step right beside left

# HIPS

- 1 2 Step right slightly to right pushing hips to the right twice
- 3 4 Push hips to the left twice
- 5 6 7 8 Push hips (single) right, left, right, left

# REPEAT

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Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 \*charged at 10p per minute