

Heart Beat

40 Count, 4 Wall, Improver

Choreographer: Valentine Duret (FR) Nov 2010
Choreographed to: Stuck Like Glue by Sugarland,
CD: The Incredible Machine

Start : Right foot – 16 counts after pre-intro (just before singing)

1 Reverse rumba box, Sway, Sway, Cross Shuffle

- 1 & 2 Step Right to Right, Step Left together, Step forward on Right
3 & 4 Step Left to Left, Step Right together, Step back on Left
5 – 6 Step Right to Right Sway to Right, Sway to Left
7 & 8 Cross Right over Left, Step Left to Left, Cross Right over Left

2 Back, ¼ Turn, Side, Cross shuffle, Toe touch, Side, Toe touch, Step forward

- 1 – 2 Step back on Left, 1/4Turn Right Step Right to side
3 & 4 Cross Left over Right, Step Right to Right, Cross Left over Right
5 & 6 Touch Right toe to Right, Touch Right toe next to Left, Step right to right
7 – 8 Touch Left toe back, Step forward on Left

3 Heel touch-Toe touch-Step forward x2, Step back, Cross rock

- 1 & 2 Touch Right heel on right diagonal, Touch Right toe next to Left, Step forward on Right
3 & 4 Touch Left heel on Left diagonal, Touch Left toe next to Right, Step forward on Left
5 & 6 Step Back RLR
7 & 8 Cross rock Left over Right, Recover on Right, Step Left foot next to Right

4 Cross shuffle, Sway, Sway, Cross shuffle, Stomp, Fan Heel-Toe/Heel

- 1 & 2 Cross Right over Left, Step Left to Left, Cross Right over Left
3 – 4 Step Left to Left Sway to Left, Sway to Right
5 & 6 Cross Left over Right, Step Right to Right, Cross Left over Right
7 & 8 Stomp Right to Right, Fan Left heel in towards Right, Fan Left Toe in towards Right,
Fan Left heel in towards Right (transfer weight on Left)

5 Rock forward, Shuffle forward x2

- 1 – 2 Rock forward Right, Recover on Left
3 & 4 Step forward Right, Step Left next to Right, Step forward Right
5 – 6 Rock forward Left, Recover on Right
7 & 8 Step forward Left, Step Right next to Left, Step forward Left

End of dance, Enjoy your dancing ...