

Heart Stopper**BEGINNER**

48 Count

Choreographed by: Lee Birks

Choreographed to: The Heart

Stops The Clock by James Bonamy

AND ROCK, ROCK, SHUFFLE, ROCK, ROCK, SHUFFLE

- & 1 - 2 Step left to left side, rock back on right, rock forward on left.
3 & 4 Right shuffle forward, stepping right, left, right
5 - 6 Rock forward on left, rock back on right
7 & 8 Shuffle back on left, stepping left, right, left

TOUCH, 1/2 TURN, STEP, HEEL TWIST, JACK, 3/4 RONDA SWEEP

- 1 - 2 Touch right toe behind, 1/2 turn over right shoulder (weight on right)
3 & 4 Step forward left, weight on balls of both feet twist heels up and to the left and back to center
5 & 6 Touch right next to left, step back on right touching left heel forward
7 - 8 Replace weight on left, sweep right round to the left to make 3/4 turn

SIDE, TOGETHER, SHUFFLE, CROSS ROCK SHUFFLE

- 1 - 2 Step right to right side, close left to right
3 & 4 Right shuffle to the right, stepping right, left, right
5 - 6 Cross rock to the right, rock back on right
7 & 8 Left shuffle left, stepping left, right, left

CROSS, HOLD, CROSS, HOLD, 1/4 TURN HEEL GRIND, COASTER STEP

- 1 - 2 Cross right over left, hold
& 3 - 4 Step left to left side, cross right over left, hold
5 - 6 Step left heel out to side & grind left heel, making 1/4 turn left
7 & 8 Step back on left, close right to left, step forward left

SHUFFLE, ROCK, ROCK, 1/2 TURN SHUFFLE, 1/2 TURN SHUFFLE

- 1 & 2 Right shuffle forward, stepping right, left, right
3 - 4 Rock forward on left, rock back on right
5 & 6 Left shuffle back, making 1/2 turn over left shoulder, stepping left, right, left
7 & 8 Right shuffle forward, stepping right, left, right

COASTER STEP, 1/4 TURN SIDE, SIDE ROCK, SIDE ROCK, SIDE ROCK

- 1 & 2 Step back left, close right to left, step forward left
3 - 4 Step forward right, making 1/4 turn left, lift left heel off floor
5 - 6 Step down on left, angle body right, lift right heel off floor
7 - 8 Step down on right, angle body left, lift left heel off floor

REPEAT

/For last 6 counts by bending and straightening both knees, and angling your body in the direction of the lifted heel, you will create a down up swing motion or simply do your own thing.