

My Heart Skips A Beat

32 Count, 2 Wall, Improver

Choreographer: Clare Bull (UK) May 2011
Choreographed to: My Heart Skips A Beat by
The Secret Sisters

Intro: 10 Counts on the word 'Skips'

BACK ROCK, SCUFF, STEP X2 [12:00]

- 1-2 Rock back on right, replace left
- 3-4 Scuff right, step on right
- 5-6 Rock back on left, replace right
- 7-8 Scuff left, step on left

COASTER STEP, STEP 1/4 CROSS, SYNCOPATED WEAVE [3:00]

- 1&2 Step back on right, step left next to right, step fwd on right
- 3&4 Step Forward On left, pivot 1/4 turn right, cross left over right
- &5 Step right to right, cross left over right
- &6 Step right to right, cross left behind right
- &7 Step right to right, cross left over right
- &8 Step right to right, cross left behind right

SCISSOR X2, SHUFFLE 1/4, STEP 1/2 STEP [12:00]

- 1&2 Step right out to right side, step left next to right, cross right over left
- 3&4 Step left out to left side, step right next to left, cross left over right
- 5&6 Step fwd right making 1/4 turn right, step together with left step fwd on right
- 7&8 Step fwd on left, make a half turn stepping fwd on right, step fwd on left

SAILOR 3/4, BACK HITCH X2, SAILOR 1/4 [6:00]

- 1&2 Sweep right behind left turning 3/4 right, step left next to right, step right to right side
- 3-4 Step back on left, hitch right
- 5-6 Step back on right, hitch left
- 7&8 Sweep left behind right turning 1/4 left, step right next to left, step left to left side