

1 heartbeat



32 Count, 4 Wall, advanced

Choreographer: Mad Matty (NL) www.madmatty.nl

Choreographed to: one heartbeat by Smokey Robinson

Section 1

Walk, hold, together, touch, ½ turn, cross turn ½, chasse ¼

1,2 RF step, hold

&3,4 RF together LF, LF touch back, turn ½ left taking weight on LF

5&6 RF sidestep ¼ left, LF cross over right, RF back step ¼

7&8 LF side step ¼ left, RF beside LF, LF side step

Section 2

Cross rock, side, cross, hold,, cross, side, together, cross, unwind ¾

1,2 RF cross over LF, LF take weight

&3,4 RF step to the side, LF cross over RF, LF hold

&5,6 RF step to the side, LF cross over RF, RF step to the side

&7,8 LF step beside RF, RF cross over LF, unwind ¾ left ending weight on RF

Section 3

Sweep, sweep, coaster step, back. back, coaster step

1,2 LF sweep from front to back, RF sweep from front to back

3&4 LF step back, RF step beside LF, LF step forward

5,6 RF take weight backward, LF step backward

7&8 RF step backward, LF step beside LF, RF step forward.

Section 4

Step turn ¾, lockstep, mambo step, coaster step

1,2 LF step forward, RF step backward start turning ¾ right

3&4 LF step forward while finish ¾ turn, RF step behind LF, LF step forward

5&6 RF rock forward, RF beside LF

7&8 LF step back, RF beside LF, LF step forward

Restart twice!

On the 3th wall!

Restart the dance after you danced the first 8 counts of wall 3, dance the 1st 16 counts of the dance and restart again!

Feel your heartbeat while you dance, nice, slow and smoothly!