

## One Heartbeat

32 Count, 4 Wall, AB

Choreographer: Vivienne Scott (Can) March 2016

Choreographed to: '2 Heads' by Coleman Hell

Alternative Music: 'Twist' by Pritam & Neeraj Shridhar  
(long track but can be faded out)

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### Intro – '2 Heads':

32 counts from the first piano note on "water", starting after the first set of lyrics on the instrumental

**Intro -'Twist':** 56 counts in starting on the lyrics

#### **Out, Out, In, Together, Swivels (or Heel Twists) X 2**

- 1-2 Step right forward to right diagonal. Step left forward to left diagonal. (with attitude!)
- 3-4 Step right back to place. Step left beside right.
- 5-8 Twist heels left, centre, left, centre  
(Alt: With weight on right heel and left toe, swivel both toes to left. Return to centre. Repeat)

#### **Right Grapevine, Flick, Side, Together, Side, Touch**

- 1-4 Step right to right side. Cross left behind right. Step right to right side. Flick left behind right slapping left foot with right hand..
- 5-8 Step left to left side. Step right beside left. Step left to left side. Touch right beside left.

#### **Toe Strut X 2, Back Rock/Sway, 1/4 Turn Side Rock/Sway**

- 1-2 Step back on right toe. Drop heel with finger snap high. (Option: Step back on right. Snap)
- 3-4 Step back on left toe. Drop heel with clap. (Option: Step back on left. Clap)
- 5-6 Rock/sway back on right. Sway forward onto left.
- 7-8 Turn 1/4 right and rock/sway right to right side. Sway left.

#### **Point, Together, Point, Together, Toe Touch, Drop Heel X 3**

- 1-2 Point right toe to right diagonal. Step right beside left
- 3-4 Point left toe to left diagonal. Step left beside right
- 5 Touch right toe slightly forward to right diagonal.
- 6-8 Drop right heel x 3

Have fun!