

Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

Your Heartbeat

32 Count, 2 Wall, Intermediate (NC rhythm) Choreographer: Brenda Shatto (USA) Mar 2016 Choreographed to: Heartbeat by Carrie Underwood. Album: Storyteller

Track: 3:31m

Notes: One 16 Count Tag Danced 3 Times. One Restart On Wall 5. See Below For All Descriptions. Weight Starts On Right. 16 Count Introduction. Rock Back-Recover Side, Rock Back – Recover, ¼ Turn Left Side, Repeat Section 1 Cross rock L behind R (1), recover R in place (&), big step L to left (2) [12:00] 1&2 3&4 Cross rock R behind L (3), recover L in place (&), ¼ turn left big step R to right side (4) [9:00] 5 - 8 Repeat counts 1-4 [6:00] Rock Back-Recover Side, Cross-Side-Cross, Side-Cross Behind, Section 2 1/4 Turn Left Forward, Rock Forward, Recover, 3/8 Turn Right Step Forward Cross rock L behind R (1), recover R in place (&), big step L to left, 1&2 facing left diagonal (2) [5:00] 3&4 Cross R over L (3), step L to left (&), cross R over L (4) [5:00]* *Restart Wall 5: replace cross side cross with sway R, L, R with a step to right. 5&6 Step L to left squaring to [6:00] (5), cross R behind left (&), 1/4 turn left, step L forward (6) [3:00] 7&8 Rock R forward (7), recover L in place and begin 3/4 turn right (&), step R forward finishing 3/4 turn right (8) [7:30] Left Lock Step Sweep ¼ Turn Left, Cross-Lock Forward Sweep ¼ Turn Right, Section 3 Cross Touch, Step, 1¹/₈ Turn Left 1&2 Cross L over R (1), lock R next to L (&), step L forward and sweep R ¼ turn left (2) [4:30] Cross R over L (3), lock L next to R(&), step R forward and sweep L ¼ turn right (4) [7:30] 3&4 Press ball of L across R (5), step L in place as you prep by opening body to right (6) 5.6 1¹/₈ triple turn left: small step back R (7), small step forward L (&), 7&8 step R to right side squaring up to back wall (8) [6:00] No turn option: chasse to the right. Section 4 Diamond Full Turn Left: Back, Back, Side, Forward, Forward, Side, Repeat 1&2 1/2 turn left, cross L behind R (1), step R back (&), 1/2 turn left step L to left side (2) [3:00] 3&4 1/2:00] 1/2:00/2:00 turn left cross R over left (3), step forward L (&), 1/2 turn left step R to right side (4) Repeat counts 1-4. 5-8 After 5&6 face [9:00]. After 7&8 face [6:00]. Dance Tag At End Of Walls 2, 4, And 6 (Facing 12:00 Every Time). TAG: Back rock 1/4 turn left, forward 1/2 turn left, forward rock, recover, back, [1-8] ¹/₄ turn right chasse 1&2 Cross rock L behind R (1), recover R in place (&), 4 turn left step L forward (2) [9:00] Step R forward (3), pivot 1/2 turn left, weight L (&), step forward R (4) [3:00] 3&4 5&6 Rock L forward (5), recover R (&), step L back (6) Optional turn: step L forward (5), pivot ½ turn right (&), ½ turn right and step L back (6) 1/4 turn right and step R to right (7), step L next to R (&), step R to right (8) [6:00] 7&8 [9-16] **Repeat counts 1-8** starting at [6:00], end at [12:00]

Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768*charged at 10p per minute