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## 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.

| Section 1 | Rock Back-Recover Side, Rock Back - Recover, $1 / 4$ Turn Left Side, Repeat |
| :--- | :--- |
| $1 \& 2$ | Cross rock $L$ behind $R(1)$, recover $R$ in place ( $\&)$, big step $L$ to left (2) [12:00] |
| $3 \& 4$ | Cross rock $R$ behind $L$ (3), recover $L$ in place ( $\&), 1 / 4$ turn left big step $R$ to right side (4) [9:00] |
| $5-8$ | Repeat counts $1-4[6: 00]$ |

Section 2 Rock Back-Recover Side, Cross-Side-Cross, Side-Cross Behind, $1 / 4$ Turn Left Forward, Rock Forward, Recover, $3 / 8$ Turn Right Step Forward
$1 \& 2 \quad$ Cross rock $L$ behind $R(1)$, recover $R$ in place (\&), big step $L$ to left, facing left diagonal (2) [5:00]
$3 \& 4 \quad$ 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]
$7 \& 8 \quad$ Rock $R$ forward (7), recover $L$ in place and begin $3 / 8$ turn right (\&), step $R$ forward finishing $3 / 8$ turn right (8) [7:30]

Section 3 Left Lock Step Sweep $1 / 4$ Turn Left, Cross-Lock Forward Sweep $1 / 4$ Turn Right, Cross Touch, Step, $11 / 8$ Turn Left
$1 \& 2 \quad$ Cross $L$ over $R(1)$, lock $R$ next to $L$ (\&), step $L$ forward and sweep $R 1 / 4$ turn left (2) [4:30]
3\&4 Cross R over $L$ (3), lock $L$ next to $R(\&)$, step $R$ forward and sweep $L 1 / 4$ turn right (4) [7:30]
5,6 Press ball of $L$ across $R(5)$, step $L$ in place as you prep by opening body to right (6)
$7 \& 8 \quad 11 / 8$ triple turn left: small step back $R(7)$, small step forward $L(\&)$, 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
$1 \& 2 \quad 1 / 8$ turn left, cross $L$ behind $R(1)$, step $R$ back ( $\&$ ), $1 / 8$ turn left step $L$ to left side (2) [3:00]
$3 \& 4 \quad 1 / 8$ turn left cross $R$ over left (3), step forward $L(\&), 1 / 8$ turn left step $R$ to right side (4) [12:00]
5-8 Repeat counts 1-4.
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:
[1-8] Back rock $1 / 4$ turn left, forward $1 / 2$ turn left, forward rock, recover, back, $1 / 4$ turn right chasse
1\&2
3\&4
5\&6
$7 \& 8$
[9-16] Repeat counts 1-8
starting at [6:00], end at [12:00]

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