

Heartbeat

32 Count, 4 Wall, Intermediate (NC)

Choreographer: Johan Bouillon (SA) May 2016

Choreographed to: Heartbeat by Carrie Underwood

Intro: 16 counts from first beat**Note: Restarts on wall 3 and 6**

- Section 1** **¼ Side Step, Step ¼ Turn Step, Step 1 ½ Turn Step, Coaster Step, Step Fwd**
1,2&3 Making a ¼ turn as you step RF to R, Step fwd on LF, Turn ½ turn to R as you replace weight to R Step fwd on L
4&5 Turn ½ L as you step back on RF Turn ½ L as you step fwd on LF, ½ turn L as you step back on RF
6&7, 8 Step back on LF, Close RF next to LF, Step fwd on LF, Step fwd on RF
- Section 2** **Basic To L, Sway R, Sway L, Basic To R, Step ¼ Turn, Sweep ¼ Turn Cross, Side**
1,2 & Step LF to L side, close RF behind LF, Cross LF over R,
3, 4 Step RF to R side with a sway, Sway body to L placing weight on to LF,
5,6 & Step RF to R side, Close LF behind RF, Cross RF over L,
7, 8 & Make ¼ turn L stepping LF forward, Make ¼ turn L as you sweep RF from Back to front step on the end of count 8, step LF to L on &
Restart here on wall 3 (On count 8 you will just touch RR next to LF in preparation for wall 4)
- Section 3** **Rock, Recover, Turn, Rock Recover Turn, Stepp Sweep, Step Sweep,**
¼ Side Rock Recover
1,2 & Rock back on RF facing (10:30), Recover weight on LF, Make a ½ turn L as you step back on RF
3, 4 & Rock back on LF facing (04:30), recover weight on RF, Make a ½ turn R as you step Back on LF
5,6,7,8 Make ½ turn R onto RF sweeping LF from back to front, step LF forward sweeping RF from back to front, Make a ¼ turn L as you step RF to R, Recover weight to LF facing 1:30
- Section 4** **Cross Side Behind, Sweep, Behind Side Cross, Side Step Touch, 1 ¼ Turn With Touch**
1&2 Cross RF over LF, Step LF to L, Cross RF behind LF as you sweep LF from front to back squaring up to 12:00
3&4 Step LF behind RF, Step RF to R, Cross LF over RF
Restart here on wall 6 after count 1&2, 3&4 start facing 12:00 again.
5,6 Step RF to R, Touch LF next to R with a slight bend in both legs
7&8& Make a ¼ turn L as you step fwd on LF (9:00), Make a ½ turn L as you step back on RF, Make ¼ turn L as you step fwd on LF, Make ¼ turn L as you touch RF next to LF without weight end facing (6:00)
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