

12 count intro on the word 'heart beat'

S1. Step sweep, step sweep

1-3 Step L fwd, sweep R from back to front over 2 counts

4-6 Step R fwd, sweep L from back to front over 2 counts

S2. Step sweep, rock recover back

1-3 Step L fwd, sweep R from back to front over 2 counts

4-6 Rock R fwd, recover L, step R back

S3. Turn 1/4 L sway, sway

1-3 Turn 1/4 left sway left over 3 counts 9:00

4-6 Sway right over 3 counts

S4. Step sweep, sailor turn 1/4 R

1-3 Step L to left side, sweep R from front to back over 2 counts

4-6 Turn 1/4 right step R behind L, step L to left side, step R to right side 12:00

S5: Cross, turn 1/4 L, back, back, turn 1/4 L, point

1-3 Cross left over, turn 1/4 left and step right back, step left back 9:00

4-6 Step right back, turn 1/4 left and step left side, point R to right side 6:00

S6: Cross, point, hold, behind, turn 1/4 R, step

1-3 Cross R over L, point L to left diagonal, hold

4-6 Step L behind R, turn 1/4 right step R fwd, step L fwd 9:00

****Wall 9** - the music is silence for the last 12 counts of the wall - **just keep dancing**

S7. Step kick, back hook

1-3 Step R fwd, kick L fwd over 2 counts

4-6 Step L back, hook R over L over 2 counts

S8. Step, turn 1/2 L, step, point, hold

1-3 Step R fwd, turn 1/2 L step L fwd, step R fwd 3:00

4-6 Point L to left diagonal, hold 2 counts

Ending: Wall 11 starts 6:00.....

dance 36 counts (thru S6 facing 3:00), turn 1/4 left touch R toe beside L and smile!



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