

Cardiac Rock

32 Count, 4 Wall, Intermediate level

Choreographer: Dean Gambino (USA) Jan 06
Choreographed To: Heart Of Rock And Roll by Huey
Lewis & The News, CD: The Best of Huey Lewis &
The News (140 bpm)

Dance starts 32 counts in after "heartbeats" on the lyrics

Shuffle Right, ½ Turn Left, Shuffle Left, Rock Back, Recover, ¼ Shuffle Turn Left

- 1&2 Shuffle right-left-right to right, pivot on right ½ turn left
3&4 Shuffle left-right-left to left
5-6 Rock back right behind left, recover forward left
7&8 ¼ shuffle turn left, right-left-right (7&8)

Rock Back, Recover, Shuffle Forward, Rock Forward, Recover, ¾ Shuffle Turn Right

- 1-2 Rock back on left, recover forward on right
3&4 Shuffle forward left-right-left
5-6 Rock forward right, recover back left
7&8 ¾ shuffle turn right right-left-right

Point, Cross Behind, Point, Cross Behind, ¼ Turn Right Coaster Step, ½ Step Pivot Left

- 1-4 Point left to left, step left behind right, point right to right, step right behind left
5-8 Step left slightly back making a ¼ turn right, step right next to left, step left forward, step right forward, ½ turn left weighting left

Step Right, Drag, Rock Back, Recover, Step Left, Drag, Rock Back, Recover

- 1-4 Large step right to right, drag left just behind right, rock back left behind right, recover forward on right
5-8 Large step left to left, drag right just behind left, rock back right behind left, recover forward on left

TAG A

Done after walls, 1 (9:00), 4 (12:00), 9 (9:00)
1-2 Rock back on right, recover forward on left

TAG B

Done after walls, 3 (3:00) and 6 (6:00). Place hands on thighs through counts
1&2 Step right to right, weight on both feet, lift both heels, drop both heels
3&4 While pivoting on the right, make a ¼ turn left, stepping left to left, weight on both feet, lift both heels, drop both heels
5&6 While pivoting on the left, make a ¼ turn left, stepping right to right, weight on both feet, lift both heels, drop both heels
7&8 While pivoting on the right, make a ¼ turn left, stepping left to left, weight on both feet, lift both heels, drop both heels & While pivoting on the left, make a ¼ turn left and flick the right behind left leg

ALTERNATE MOVES:

During the 2nd & 5th repetitions, replace counts 29-32 with:
5-6&7-8 Step left to left, hip bumps left, right, left, hold

You'll hear heavy drum beats at this point

During the 10th repetition, replace counts 29-32 with:
5 Step left to left, lifting shoulders and looking to 1:00
&6&7&8 Shoulder pumps, count on the down moves

You'll hear the lyrics, "Dit, Dit, Dit, Dit, they say..."
