

Albany Heartsbeats

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 32 Count 4 Wall High Beginner Level Dance.
Choreographed by: Mary Bee Friedrich (DE) Aug 2021
Choreographed to: Albany by Roger Whittaker & DJ Herzbeat
Intro: 24 Counts. Start at approx 23 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1	WEAVE R/L
1-2	RF step to right side, LF cross behind RF
3-4	RF step to right side, LF touch to RF
5-6	LF step to left, RF cross behind LF
7-8	LF step to left, RF touch to LF
SEC 2	WALK FWD KICK (AND CLAP), WALK BACK, TOUCH
1-2	RF step fwd, LF step fwd
3-4	RF step fwd, LF kick fwd and clap your hands
5-6	LF step back, RF step back
7-8	LF step back, RF touch to LF
SEC 3	1/4 STEP TURN L, SIDE TOUCH, COASTER STEP, HOLD
1-2	RF 1/4 turn to left side, LF touch to RF and sway to the right side with both arms (9:00)
3-4	LF step to left side, RF touch to LF and sway with both arms to the left side
5-6	RF step back, LF close to RF
7-8	RF step fwd, Hold
SEC 4	SHUFFLE, SCUFF, JAZZ BOX
1-2	LF step fwd, RF close to LF
3-4	LF step fwd, RF scuff fwd with heel,
5-6	RF cross over LF, LF step diagonal back
7-8	RF step diagonal back, LF close to RF with full weight

