



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

SEC 1 BACK ROCK STEP, RECOVER, SHUFFLE, ROCK FWD RECOVER, SHUFFLE ½ TURN

- 1-2 Rock R Back, Recover L
Arms L Arm straight Fwd up & L Elbow Back, hands meet in front
3&4 Step R Fwd, Step L next to R, Step R Fwd
5-6 Rock L Fwd, Recover R
7&8 Step L ¼ Turn L Back, Step R next to L, Step L ¼ Turn L (6:00)

SEC 2 ¼ TURN SIDE, RECOVER, BEHIND SIDE CROSS, SIDE ROCK RECOVER, BEHIND SIDE CROSS

- 1-2 ¼ Turn L With R to R, Recover L (3:00)
3&4 Step R Behind L, Step L to L, Step Cross R over L
5-6 Step L to L, Recover R
7&8 Step L Behind R, Step R to R, Step Cross L over R

SEC 3 TOUCH, TOUCH, ROCK, RECOVER, TOGETHER, TOUCH, TOUCH, ROCK, RECOVER, TOGETHER

- 1&2 Touch R Toe Diagonal R Fwd, Touch R Toe Fwd, Rock R Fwd
3-4 Recover L, Step R next to L
5&6 Touch L Toe Diagonal L Fwd, Touch L Toe Fwd, Rock L Fwd
7-8 Recover R, Step L next to R

SEC 4 CHASSÉ ¼ TURN, CHASSÉ ¼ TURN, HIP SWAYS SHUFFLE ¼ TURN

- 1&2 Step R to R, Step L next to R, Step R to R with ¼ Turn R (6:00)
3&4 ¼ Turn R & Step L to L, Step R next to L, Step L to L (9:00)
5-6 Hip Sways to R, Hip Sways to L
7&8 ¼ Turn R with Step R Fwd, Step L next to R, Step R Fwd (12:00)

Restart Here on Wall 6, Change 7-8 ¼ Turn R with R, Step L next to R

SEC 5 STEP LOCK, SHUFFLE, STEP LOCK, SHUFFLE

- 1-2 Step L Diagonal Fwd, Step R next to L
3&4 Step L Diagonal Fwd, Step R next to L, Step L Diagonal Fwd

Restart Here on Wall 5

- 5-6 Step R Diagonal Fwd, Step L next to R
7&8 Step R Diagonal Fwd, Step L next to R, Step R Diagonal Fwd

Heartbeat
Continues... Page 1 of 2



Heartbeat

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SEC 6 JAZZ BOX ¼ TURN, JAZZ BOX ¼ TURN, SCUFF

- 1-2 Cross Step L over R, Step R Back with ¼ Turn L (9:00)
- 3-4 Step L to L, Step R next to L
- 5-6 Cross Step L over R, Step R Back with ¼ Turn L (6:00)
- 7-8 Step L to L, Scuff R Fwd

Restart Here on Wall 2

SEC 7 STEP LOCK, SHUFFLE FWD, STEP LOCK, SHUFFLE FWD

- 1-2 Step R Diagonal Fwd, Step L next to R
- 3&4 Step R Diagonal Fwd, Step L next to R, Step R Diagonal Fwd
- 5-6 Step L Diagonal Fwd, Step R next to L
- 7&8 Step L Diagonal Fwd, Step R next to L, Step L Diagonal Fwd

SEC 8 JAZZ BOX, SCUFF, TOE HEEL STOMP, WALK, WALK

- 1-2 Cross Step R over L, Step L Back
- 3-4 Step R to R, Scuff L
- 5&6 Touch L Toe next to R, Touch L Heel next to R, Stomp L next to R
- 7-8 Walk Fwd R, Walk Fwd L

