

# Heartbeat

Miquel Menendez & Daniel Trepas

Type : A 48 B 16 TAG 2 Counts, 2 Wall  
 Level : Modern Line Dance Ace Dance B  
 Music : "Heartbeat" by Christopher (BPM 64)  
 Sequence : A, A', B, A, A', TAG, B, A"

## Part A

### BODYROLL, BACKWARDS 2X, ¼ TURN R, SWAYS 2X, 1 ¼ TURN L, SWEEP, HALF DIAMOND

1 Body roll from head to hips  
 2 RF Step backwards  
 & LF Step backwards  
 3 RF ¼ Turn R, step R (3.00)  
 4 LF Recover weight  
 5 RF Step R  
 6 LF ¼ Turn L, step forward (12.00)  
 & RF ½ Turn L, step backwards (6.00)  
 7 LF ½ Turn L, step forward (12.00)  
 RF Sweep forward  
 8 RF Cross over  
 & LF Step L  
 9 RF 1/8 Turn R, step backwards (1.30)

### HALF DIAMOND, ROCKSTEP, ½ TURN R, 1/8 TURN R, SWEEP, CROSS SIDE CROSS, SWEEP, CROSS SIDE

10 LF Step backwards  
 & RF 1/8 Turn R, step R (3.00)  
 11 LF 1/8 Turn R, step forward (4.30)  
 12 RF Step forward  
 & LF Recover weight  
 13 RF ½ Turn R, step forward (10.30)  
 LF 1/8 Turn R, sweep forward (12.00)  
 14 LF Cross over  
 & RF Step R  
 15 LF Cross behind  
 RF Sweep backwards  
 16 RF Cross behind  
 & LF Step L

### ROCK STEP, SIDE, ROCK STEP, ¼ TURN L, HANDMOVEMENTS, ¼ TURN R, DRAG, FORWARD

17 RF Cross over  
 18 LF Recover weight  
 & RF Step R  
 19 LF Cross over  
 20 RF Recover weight  
 & LF ¼ Turn L, step L (9.00)  
 RH Make a ½ heart shape in front of chest  
 21 LH Make the other half heart shape, put hands together  
 & RF ¼ Turn R,  
 BF Weighted (12.00)  
 22 BH Bring heart shape forward  
 23 RF Step forward, LF drag together  
 BH Bring heart shape to chest  
 24 LF Step forward

### SYNCOPATED ROCK STEP with HANDMOVEMENTS, FULL TURN L, SWEEP, CROSS, SIDE, ½ TURN R

25 RF Step forward  
 LH Swing arm forward  
 26 LF Recover weight  
 & RF Step slightly backwards  
 27 LF ¼ Turn L, step L (9.00)  
 LH Swing arm L  
 28 RF ¼ Turn R, step forward (12.00)  
 LH Swing arm forward, place hand on mouth  
 29 LF ½ Turn L, step forward (6.00)  
 30 LF ½ Turn L (12.00)  
 RF Sweep forward  
 31 RF Cross over  
 32 LF Step L  
 & LF ½ Turn R (6.00)

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## FORWARD 3X, ROCK STEP, ¼ TURN L, CROSS, ¼ TURN R, ½ TURN R, ¼ STEP

### TURN R

33 RF Step forward  
 34 LF Step forward  
 35 RF Step forward  
 36 LF Step forward  
 & RF Recover weight  
 37 LF ¼ Turn L, step L (3.00)  
 & RF Cross over  
 38 LF ¼ Turn R, step backwards (6.00)  
 & RF ½ Turn R, step forward (12.00)  
 39 LF Step forward  
 40 RF ¼ Turn R, step R (3.00)

## SKATE 2X, FORWARD with HITCH, BACKWARDS 3X, ¼ TURN L, HOLD, ½ TURN R, TOGETHER

41 LF Skate forward  
 42 RF Skate forward  
 43 LF Step forward  
 RF Hitch  
 44 RF Step backwards  
 & LF Step backwards  
 a RF Step backwards  
 45 LF ¼ Turn L, step L (12.00)  
 46 Hold  
 47 RF ¼ Turn R, step forward (3.00)  
 48 ¼ Turn R, step together (6.00)

**Part A'** Only till count 28

**Part A''** Only till count 19

Make "heartbeat" chest pops

## Part B: HEARTBEAT SECTION CHEST POP 2X, STEP, X4 (½ TURN L)

1 Pop chest out  
 a Pop chest out  
 2 RF Step forward  
 3 Pop chest out  
 a Pop chest out  
 4 LF Step forward  
 5 Pop chest out  
 a Pop chest out  
 6 RF ¼ Turn L, step R (3.00)  
 7 Pop chest out  
 a Pop chest out  
 8 LF ¼ Turn L, step forward (12.00)

## CHEST POP 2X, SIDE, KNEE SWIVLE 2X, SIDE, HANDMOVEMENTS

9 Pop chest out  
 a Pop chest out  
 10 RF Step R  
 11 LF Turn knee L  
 a LF Turn knee R  
 12 LF Step L  
 13 RH Put hand on heart  
 a LH Put hand on RH  
 14 RF Step together  
 15 BH Slightly forward  
 & BH Slightly little further forward  
 16 BH Slightly little further forward  
 & BH Fully forward  
 BH Open to side, start body roll

**TAG:** (6.00)

## FORWARD ROCK STEP

& LF Step together  
 1 RF Step forward  
 2 LF Recover weight  
 & RF Touch together