

# Heartbeat

Choreographers: Miguel Menendez (ES) & Daniel Trepát (NL)  
Nov. 2016

Type of dance: Part A 52 counts , Part B 16 counts (Heartbeat part), 2 wall, AB line dance  
Level: Intermediate  
Music: "Heartbeat" by Christopher  
Intro: 8 counts (app. 8 sec into track)  
Sequences: A - A\* - B - A - A\*\* - B - A\*\*\*  
A\* = Restart  
A\*\* = Tag and start part B  
A\*\*\* = Ending at count 19

Counts	Footwork Part A	End facing
<b>1 – 9</b>	<b>Bodyroll, Step back R L, ¼ turn R, Side, Sways L R, 1 ¼ turn L, Sweep, Start Modified Half Diamond</b>	
1 – 2&3	Roll from head to hips (bodyroll) (1), Step R back (2), Step L back (&), ¼ turn stepping R to R side (3)	3:00
4 – 5	Sway to L side (4), Sway to R side (5)	3:00
6&7	¼ turn L stepping L forward (6), ½ turn L stepping R back (&), ½ turn L stepping L fwd & sweeping R fwd (7)	12:00
8&1	Cross R over L (8), Step L to L side (&), 1/8 turn R stepping R back (1)	1:30
<b>10 – 16</b>	<b>Finish Modified Half Diamond, Rock &amp; 5/8 turn R, Sweep fwd, Cross, Side, Sweep back, Cross, Side</b>	
2&3	Step L back (2), 1/8 turn R stepping R to R side (&), 1/8 turn R stepping L forward (3)	4:30
4&5	Rock R forward (4), Recover on L (&), 5/8 turn R stepping forward on R & sweeping L forward (5)	12:00
6&7&8	Cross L over R (6), Step R to R side (&), Cross L behind R & sweep R to back (7), Cross R behind L (8) Step L to L side (&)	12:00
<b>17 – 24</b>	<b>Cross Rock, Side, Cross Rock ¼ turn L, Side, Hand Movements ¼ turn R, Collect, Step</b>	
1 – 2&	Cross R over L (1), Recover on L (2), Step R to R side (&), <i>(At the end of the music do after the &amp; count the heartbeat chestpops)</i>	12:00
3 – 4&	Cross L over R (3), Step R back (4), ¼ turn L stepping L to L side	9:00
5&6&7&8	Put R hand in the shape of a half heart in front of chest (5), Put L hand in the shape of a half heart in front of chest (making a full heart together with both hands) (&), ¼ turn R putting your weight on R (6), Bring the heart forward (&), Bring the heart back to the chest & collect L towards R (7), Step L forward (8)	12:00
<b>25 – 32</b>	<b>Rockstep fwd, Close, Rockstep back, Hand movement, Full turn L with sweep, Cross, Side, Spiral 1/2 turn R</b>	
12&34	Rock R forward & Swinging L arm forward (1), Recover on L (2), Step R next to L (&), Rock L back & Swinging L arm back (3), Recover on R and swing the hand forward and place it on your mouth (4)	12:00
Restart	<i>In the 2<sup>nd</sup> time doing part A do a restart on this moment just replace count 4 with a step L next to R</i>	6:00
Tag	<i>Start in the 4<sup>th</sup> time doing part A on count 4 = Recover on R (4), Step L next to R (&amp;), Rock R forward (5), Recover on L (6), Step R next to L (&amp;)</i>	6:00
5 – 6	½ turn L stepping L forward & start sweeping R forward (5), ½ turn L finish sweeping R forward (6)	12:00
7 – 8&	Cross R over L (7), Step L to L side (8), ½ turn R keeping the weight on L	6:00
<b>33 – 40</b>	<b>Walk R L R, Rock ¼ turn L, Syncopated Turning Weave, ¼ turn R</b>	
1 – 3	Walk R forward (1), Walk L forward (2) Walk R forward (3)	6:00
4&5&6&	Rock L forward (4), Recover on R (&), ¼ turn L stepping L to L side (5), Cross R over L (&), ¼ turn R stepping L back (6), ½ turn R stepping R forward (&)	12:00
7 – 8	Step L forward (7) ¼ turn R stepping R to R side (8)	3:00
<b>41 – 48</b>	<b>Skate L, Skate R, Step with Hitch, Step Back 3x, ¼ turn L, Hold, ½ turn R Close, Hold</b>	
1 – 3	Skate L diagonally forward (1), Skate R diagonally forward (2), Step L forward & Hitch R (3)	3:00
4&5&6&7&8	Step R back (4), Step L back (&), Step R back (5), ¼ turn L stepping L to L side (5), Hold (6), ½ turn R stepping L next to R (7), Hold (8)	6:00
<b>Counts</b>	<b>Footwork Part B</b>	<b>End Facing</b>
<b>1 – 8</b>	<b>(Heartbeat Section) Chestpops with Steps</b>	
&1 – 2	Pop chest (&), Pop Chest (1), Step R forward (2)	6:00
&3 – 4	Pop chest (&), Pop Chest (3), Step L forward (4)	6:00
&5 – 6	Pop chest (&), Pop Chest (5), ¼ turn stepping R to R side (6)	3:00
&7 – 8	Pop chest (&), Pop Chest (7), ¼ turn Stepping L forward (8)	12:00
<b>9 – 16</b>	<b>Chestpops Side step, Knee out In step L, Hand movement Collect, Handmovement</b>	
&1 – 2	Pop chest (&), Pop Chest (1), Step R to R side (2)	12:00
&3 – 4	L Knee out (&), L knee in (3), Step L to L side (4)	12:00
&5 – 6	R hand on heart (&), L hand on heart (5), Collect R next to L (6)	12:00
7&8&	Hands slightly forward (7) Hands a little further forward (&), Hands a little further forward (8), Hands fully forward (&) (on 1 open the hands to side to start part A)	12:00
<b>Begin again!</b>		