

My Heart Skips A Beat

64 count, 2 wall, improver level

Choreographer: Carina Slijters (NL), October 2007

Choreographed to: "My Heart Skips A Beat" by Dwight Yoakam, CD "Dwight Sings Buck"
Starts after 20 counts (after the words "Oh, my heart" on the beat)

Section 1 Rumba Box

- 1, 2 LF step to left side, RF step next to LF
- 3, 4 LF step forward, hold
- 5, 6 RF step to right side, LF step next to RF
- 7, 8 RF step backwards, hold

Section 2 Toe Struts Backwards, Slow Coaster Step, Hold

- 1, 2 LF touch toe backwards, heel down
- 3, 4 RF touch toe backwards, heel down
- 5, 6 LF step backwards, RF step next to LF
- 7, 8 LF step forward, hold

Section 3 Weave Right, Side Rock, Cross, Hold

- 1, 2 RF step to right side, LF cross behind RF
- 3, 4 RF step to right side, LF cross over RF
- 5, 6 RF step to right side, weight back on LF
- 7, 8 RF cross over LF, hold

Section 4 Weave Left, 1/4 Left Forward, Together, Forward, Hold

- 1, 2 LF step to left side, RF cross behind LF
- 3, 4 LF step to left side, RF cross over LF
- 5, 6 Make a 1/4 turn left, LF step forward, RF step next to LF
- 7, 8 LF step forward, hold

Section 5 Charleston, Hold, Slow Coaster Step, Hold

- 1, 2 RF Touch toe forward, hold
- 3, 4 RF step backwards, hold
- 5, 6 LF step backwards, RF step next to LF
- 7, 8 LF step forward, hold

Section 6 Charleston, Hold, 1/4 Left Side, Together, 1/4 Left Forward, Hold

- 1, 2 RF touch toe forward, hold
- 3, 4 RF step backwards, hold
- 5, 6 Make a 1/4 turn left, LF step to left, RF step next to LF
- 7, 8 Make a 1/4 turn left, LF step forward, hold

Section 7 Rock Step Forward, Side Rock, Behind, Side, Cross, Hold

- 1, 2 RF step forward, LF weight back
- 3, 4 RF step to right side, LF weight back
- 5, 6 RF cross behind LF, LF step to left side
- 7, 8 RF cross over LF, hold

Section 8 Rock Step Forward, Side Rock, Behind, 1/4 Right Forward, Stomp, Hold

- 1, 2 LF step forward, RF weight back
- 3, 4 LF step to left side, RF weight back
- 5, 6 LF cross behind RF, make a 1/4 turn right, RF step forward
- 7, 8 LF stomp next to RF, weight on RF, hold

Quelle:

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