

The Pulse

64 count, 4 wall, intermediate level

Choreographer: Kate Sala (UK), October 2010

Choreographed to: "Who Owns My Heart" by Miley Cyrus

Start after a 32 count intro.

Section 1 Step Forward, Side Touch, Step Back, Side Touch, Coaster Step, Step, Pivot 1/2 Turn Left

1-4 Step forward on L. Touch R out to R side. Step back on R. Touch L out to L side

5&6 Step back on L. Step R next to L. Step forward on L

7, 8 Step forward on R. Pivot 1/2 turn L

Section 2 Step, Pivot 1/2 Turn Left, Cross Step, Step Left, Sailor Step 1/4 Turn Right, Shuffle Forward

1,2 Step forward on R. Pivot 1/2 turn L

3, 4 Cross step R over L. Step L out to L side

5&6 Cross step R behind L. Turn 1/4 R stepping L to L side. Small step forward on R

7&8 Step forward on L. Step R next to L. Step forward on L (3 :00)

Section 3 Full Turn Left, Rock Forward, Recover, Step Back, Heel Swivel, Step Back, Side Touch Right

1, 2 Turn 1/2 L stepping back on R. Turn 1/2 Left stepping forward on L

3-5 Rock forward on R. Recover back on to L. Step back on R.

&6 Coming up on to the balls of the feet swivel both heels L. Swivel both heels back to centre

7, 8 Step back on L. Touch R out to R side

Section 4 Right Hitch Ball Cross, Side Rock Right, Recover, Weave Left, Side Rock Left. Recover

1&2 Hitch R knee up. Step down on ball of R. Cross step L over R

3, 4 Side rock R on R. Recover on to L

5&6 Cross step R behind L. Step L to L side. Cross step R over L

7, 8 Side rock L on L. Recover on to R

Section 5 Cross Step Behind, Side, Forward, Shuffle Forward, Step, Pivot 1/4 Turn Right, Cross Step, Side Step

1&2 Cross step L behind R. Step R to R side. Step forward on L

3&4 Step forward on R. Step L next to R. Step forward on R

5-8 Step forward on L. Pivot 1/4 turn R. Cross step L over R. Step R to R side

Restart: *occurs here on wall 3*

Section 6 Cross Step, Turn 1/2 Left, Left, Cross Step, Turn 1/2 Right, Right, Rock Forward, Recover

1-3 Cross step L over R. Turn 1/4 L stepping back on R. Turn 1/4 L stepping L to L side (12 :00)

4-6 Cross step R over L. Turn 1/4 R stepping back on L. Turn 1/4 R stepping R to R side (6 :00)

7, 8 Rock forward On L. Recover on R

Section 7 Side Rock Left, Recover, Sailor Step, Cross Shuffle, Side Step Left, Touch In

1, 2 Side rock L on L. Recover on R

3&4 Cross step L behind R. Step R to R side. Step L to L side

5&6 Cross step R over L. Step L to L side. Cross step R over L

7, 8 Step L to L side. Touch R next to L instep

Section 8 Side Step Right, Touch In, Rock Back On Left, Recover, Jazz Box With 1/4 Turn Left

1, 2 Step R to R side. Touch L next to R instep

3, 4 Rock back on L. Recover on to R

5, 6 Cross step L over R. Turn 1/4 L stepping back on R

7, 8 Step L to L side. Small step forward on R (3 :00)

Restart: *There is one restart during wall 3.*

Dance up to count 40 and start again from the beginning of the dance facing 12 o'clock.

Quelle:

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