

Heart Beats

Choreographer: Pim Humphrey

Description: 64 count partner dance

Music: **My Heart Skips A Beat** Dwight Yoakam (20 count intro)

Start facing line of dance lady's left hand in mans right, mirror image, mans steps listed lady on opposite foot.

Beats / Step Description

Rumba Box, Back Rock Step hold, Step lock Step hold.

1 - 4 Step side left, step right by left, step forward left, hold

5 - 8 Step side right, step left by right, step back right, hold

1 - 4 Step back on left, recover weight on right, step forward on left, hold

5 - 8 Step forward on right, lock left behind right, step forward on right, hold.

Half Turn Step Hold, Step Lock Step hold, Half Turn Step Hold, Hip Bumps Hold
(*release hands*)

1 - 4 Step forward on left, pivot ½ turn right, step forward on left, hold
(*rejoin hands*)

5 - 8 Step forward on right, lock left behind right, step forward on right, hold
(*release hands*)

1 - 4 Step forward on left, pivot ½ turn right, step forward on left, hold
(*rejoin hands*)

5 - 8 Bump hips right, left, right. Hold.

Turn ¼, Weave, Turn ¼ Hold

1 Turn ¼ right on left foot (*to face partner hold both hands*)

2 - 4 Step right behind left, step side left, step right in front of left

5 - 8 Step side left, step right behind left, turn ¼ left on left (*to face LOD release gents left & lady's right hands*), hold.

Touch heel hold, Toe hold, Step Lock Step hold, X2

1 - 4 Touch right heel forward hold, touch right toe back hold

5 - 8 Step forward on right, lock left behind right, step forward on right, hold

1 - 4 Touch left heel forward, hold, touch left toe back, hold,

5 - 8 Step forward on Left, lock right behind left, step forward on left, hold.

Rock Step Back hold, Back Rock Touch, hold

1 - 4 Step forward on right, recover weight on left, step back right hold

5 - 8 Step back on left, recover weight on right, touch left by right, hold

Smile and Begin Again