

Heartbeat Shift

Compte: 32

Mur: 4

Niveau: Easy Intermediate



Chorégraphe: Ria Vos (NL) - November 2025

Musique: Heart Don't Beat the Same - Madism & Deepend

Intro: 16 Counts

Walk, Walk, Ball-Cross $\frac{1}{4}$ L, $\frac{1}{4}$ R, Shuffle $\frac{1}{2}$ R, Rock Back

- 1-2 Step Fwd on R, Step Fwd on L
- &3-4 $\frac{1}{4}$ L Step on Ball of R to R Side, Cross L Over R, $\frac{1}{4}$ R Step Fwd on R (12:00)
- 5&6 Shuffle $\frac{1}{2}$ Turn R Stepping L-R-L (6:00)
- 7-8 Rock Back on R, Recover on L

Full Turn L, Side Rock, Step Fwd, Step Pivot $\frac{1}{4}$ R, Samba Step

- 1-2 $\frac{1}{2}$ Turn L Step Back on R, $\frac{1}{2}$ Turn L Step Fwd on L (6:00)
- &3-4 Quick Rock R to R Side, Recover on L, Step Fwd on R
- 5-6 Step Fwd on L, Pivot $\frac{1}{4}$ Turn R (9:00)
- 7&8 Cross L Over R, Step R to R Side, Step L to L Side

Syncopated Jazzbox, Side, Rock Back, Step-Touch, Step-Touch

- 1-2 Cross R Over L, Step Back on L
- &3-4 Step R to R Side, Cross L Over R, Step R to R Side
- 5-6 Rock Back on L, Recover on R
- &7 Small L Step Fwd to L Diagonal, Touch R Next to L
- &8 Small R Step Fwd to R Diagonal, Touch L Next to R

Rock Fwd, Shuffle Back, $\frac{1}{2}$ R, Step Pivot $\frac{1}{2}$ Turn R, Step Fwd

- 1-2 Rock Fwd on L, Recover on R
- 3&4 Shuffle Backwards Stepping L-R-L
- 5-6 $\frac{1}{2}$ Turn R Step Fwd on R, Step Fwd on L (3:00)
- 7-8 Pivot $\frac{1}{2}$ Turn R, Step Fwd on L (9:00)

Tag: After Wall 7 (3:00)

Out-Out, In-In, Arms

- 1-2 Step Out on R, Step Out on L
 - 3-4 Step In on R, Step L Next to R
 - 5-6 Place R Hand Across Chest, Place L Hand Over R Hand (on heart)
 - 7-8 Move Both Hands Fwd and Back on Chest x2 (heartbeat)
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