



HEART SKIPS A BEAT

Choreographed by Amy Glass
64 Count, 2 Wall, High Intermediate level line dance
Music: Heart Skips A Beat by Olly Murs
Sequence: 64, 4, 48, 64, 4, 48, 40, 4, 64

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Scan/Click for Video

INTRO: Start dancing 16 counts after the first down beat

[1 - 8] Step R, Cross L Over R, 1 & ¼ Spiral Turn R, Shuffle Forward (R, L, R), Rock, ½ Turn Shuffle L
1 - 2 - 3 Step side R, Cross L over R, Unwind 1 & ¼ R (3:00), transfer weight to L, hooking R over L
4 & 5 Shuffle forward R,L,R
6 - 7 Rock forward L, recover R
8 & 1 1/2 turn L (9:00) while shuffling forward L, R, L

[9 - 16] Full Turn L, Rock, Recover ¼ Turn L, ½ Hinge Turn R, Behind and Cross
2 - 3 - 4 Step back R while turning 1/2 L, step forward L turning 1/2 L, Rock forward R
& 5 Recover L while turning 1/4 L (6:00), cross R over L
6 - 7 Step back L while turning 1/4 R (9:00), Step side R while turning 1/4 R (12:00)
8 & 1 Step behind L, side R, cross L over R

[17 - 24] Press R, Behind and Cross, Press L, Behind and 1/4 Turn R
& 2 - 3 (Quick tap R) press R at diagonal (1:30), Recover L
4 & 5 Step R behind L, step side L, cross R over L
& 6 - 7 Quick tap L) press L at diagonal (10:30), Recover R
8 & 1 Step L behind R, step side R, step forward L while turning 1/4 R (3:00)

[25 - 32] Rock Forward, Syncopated Step Back Lock R & L, Step Together
& 2 - 3 (Quick tap R) rock forward R, recover back L
4 & 5 Step R, cross L over R, step slight side R
6 & 7 - 8 Step L, cross R over L, step slight side L, Step R next to L

[33 - 40] Press Back, Ball Press Back/Body Rolls Back x2, Swivel ½ L, ½ R, ½ L
1 - 2 Press L slightly back, starting body roll back ending with weight L
& 3 - 4 Quick step R next to L, press L slightly back, starting body roll back ending with weight L
& 5 Quick step R next to L, press L slightly back ending with weight L
6 - 7 - 8 Swivel: ½ L (9:00), swivel ½ R (3:00), swivel ½ L (9:00), weight forward on L

[41 - 48] Kick Ball Change R x2, R Hip Bumps, L Hip Bumps
1 & 2-3 & 4 Right Kick ball change in place x2
5 & 6 Step slightly forward R, hip bumps R, L, R
7 & 8 Step slightly forward L, hip bumps L, R, L

[49 - 56] Kick & Point & Point, Hitch, Point, ¼ R Turn Sailor, Shuffle Forward
1 & 2 Kick R, step R down, point L to L side
& 3 & 4 Step down L, point R to R side, Hitch right knee, point R to R side
5 & 6 1/4 R sailor (step R behind L, side L, forward R while turning 1/4 R)
7 & 8 Shuffle forward L, R, L

[57 - 64] ½ turn R, Side Rock Cross, Full 4-step Box Turn
1 & 2 Rock R forward, recover back L, turn 1/2 R (6:00) stepping forward R
3 & 4 Rock side L, recover R, cross L over R
5 - 6 Step R side while turning 1/4 L (9:00), Step L side while turning 1/4 L (12:00)
7 - 8 Step R side while turning 1/4 L (3:00), Step L side while turning 1/4 L (6:00)

TAG: 4 counts, following walls 1 & 3, (back wall) and before the restart on wall 5 (front wall)

Funky Step Touches: traveling slightly back (take large steps when stepping side swiveling toes in same direction as step)

1 & 2 & Step side R, touch L beside R, Step side L, touch R beside L
3 & 4 & Step side R, touch L beside R, Step side L, touch R beside L

RESTART: on walls 2 and 4 following the hip bumps (counts 47 & 48-do the 2nd set of hip bumps L, R, L to 12:00)

RESTART: on wall 5, following count 40 (swivel 1/2 L, 1/2 R, 1/4 L to 12:00 and do the 4-count tag)

OPTIONS:

- In the first 8 counts, to eliminate the spiral 1 & ¼ turn: Step side R (1), forward L (2), swivel ¼ R while hooking R over L (3), shuffle forward (4 & 5)
- Body rolls can be eliminated or can be as pronounced as the dancer is comfortable
Just listen to the music it tells you what to do.

(Dance looks more intimidating than it actually is!)

(Originally taught by Elysium Dance Designs September 2012)

