



# 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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## 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 ½ 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 ½ L, step forward L turning ½ L, Rock forward R  
& 5 Recover L while turning ¼ L (6:00), cross R over L  
6 - 7 Step back L while turning ¼ R (9:00), Step side R while turning ¼ 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 ¼ 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 ¼ 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 ¼ R sailor (step R behind L, side L, forward R while turning ¼ 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 ½ R (6:00) stepping forward R  
3 & 4 Rock side L, recover R, cross L over R  
5 - 6 Step R side while turning ¼ L (9:00), Step L side while turning ¼ L (12:00)  
7 - 8 Step R side while turning ¼ L (3:00), Step L side while turning ¼ 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 ½ L, ½ R, ¼ 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)

