

My Heart Skips A Beat



www.country-stafke.be

Choreographer: Carina Slijters

Count: 64

Wall: 2

Level: Beginner

Intro: Starts after 20 counts (after the words 'Oh my heart' on the beat

Music: "My Heart Skips A Beat" by Dwight Yoakam

Rumba Box

- 1-2. LF Step to left side // RF Step next to LF
- 3-4. LF Step forward // Hold
- 5-6. RF Step to right side // LF Step next to RF
- 7-8. RF Step backwards // Hold

Toe Struts Backwards, Slow Coaster Step, Hold

- 1-2. LF Touch toe backwards // LF Heel down
- 3-4. RF Touch toe backwards // RF Heel down
- 5-6. LF Step backwards // RF Step next to LF
- 7-8. LF Step forward // Hold

Weave Right, Side Rock, Cross, Hold

- 1-2. RF Step to right side // LF Cross behind RF
- 3-4. RF Step to right side // LF Cross over RF
- 5-6. RF Step to right side // LF Weight back on LF
- 7-8. RF Cross over LF // Hold

Weave Left, ¼ Left Forward, Together, Forward, Hold

- 1-2. LF Step to left side // RF Cross behind LF
- 3-4. LF Step to left side // RF Cross over LF
- 5-6. LF Make a ¼ turn left, step forward // RF Step next to LF
- 7-8. LF Step forward // Hold

Charleston, Hold, Slow Coaster Step, Hold

- 1-2. RF Touch toe forward // Hold
- 3-4. RF Step backwards // Hold
- 5-6. LF Step backwards // RF Step next to LF
- 7-8. LF Step forward // Hold

Charleston, Hold, ¼ Left Side, Together, ¼ Left Forward, Hold

- 1-2. RF Touch toe forward // Hold
- 3-4. RF Step backwards // Hold
- 5-6. LF Make a ¼ turn left, step to left // RF Step next to LF
- 7-8. LF Make a ¼ turn left, step forward // Hold

Rock Step Forward, Side Rock, Behind, Side, Cross, Hold

- 1-2. RF Step forward // LF Weight back
- 3-4. RF Step to right side // LF Weight back
- 5-6. RF Cross behind LF // LF Step to left side
- 7-8. RF Cross over LF // Hold

Rock Step Forward, Side Rock, Behind, ¼ Right Forward, Stomp, Hold

- 1-2. LF Step forward // RF Weight back
- 3-4. LF Step to left side // RF Weight back
- 5-6. LF Cross behind RF // RF Make a ¼ turn right, step forward
- 7-8. LF Stomp next to RF, weight on RF // Hold

Repeat

