

# HEARTBEAT

CHOREOGRAPHERS: Connie & Al Ritchie 2541 Wentwich Road, Victoria BC V9B 3N5 email: con\_al\_r@telus.net  
RECORD: Mercury 814 375-7 Kathy Mattea Flip of Street Talk  
FOOTWORK: Opposite unless noted (Woman's footwork in parentheses)  
RHYTHM: Two Step Phase II + 2 Fishtail & Strolling Vine Speed: 45 rpm  
SEQUENCE: INTRO A B A C B A A END Difficulty: Easy

## INTRO: OP/FACE Wait 2 Meas;; Apart, Point; Tog, Touch CP/WALL:

1-4 OP Facing Wait 2 Meas;; Step apt L, -, pt R, -; Step Tog R,-, tch L,- to CP/WALL;

### LF Turn Box SCP;;;

5-8 Sd L, cl R, Fwd L trn ¼ LF, -; Sd R, cl L, Bk R trn ¼ LF, -;  
Sd L, cl R, Fwd L trn ¼ LF, -; Sd R, cl L, Bk R trn ¼ LF, -;

## PART A: 2 Fwd 2-Steps;; Hitch 6;;

1-4 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, -;

### Circle Away 2 2-Steps;; Strut 4 CP/WALL;;

5-8 Circ LF twds COH fwd L, cl R, fwd L in a circular pattern,-; fwd R, cl L, fwd R cont. the circular pattern ending facing RLOD,-; Fwd L cont. the circular pattern towards partner, -,fwd R, -; Fwd L, -, fwd R, - CP/WALL;

### Strolling Vine;;;

9-12 Sd L, -, XRIBL (W-XLIFR), -; Sd L,cl R, sd L turning LF 1/2 COH, -;  
Sd R, -, XLIBR (W-XRIFL), -; Sd R, cl L, sd R turning RF 1/2 CP/WALL, -;

### 2 Turn 2-Steps;; Twirl 2; Walk 2 SCP;

13-16 Sd L, cl R commencing a R fc trn, sd & bk L across line of progression pvtg ½ RF to trn fc COH,-; sd R, cl L commencing R fc trn, fwd R pvtg ½ R fc trn to SCP-; Fwd L, -, XRIB, - (W twrl R, -, L,-); Fwd L, -, fwd R, - SCP; (2<sup>nd</sup> time to BFLY)

## PART B: 2 Fwd 2-Steps;; Fwd Hitch; Hitch/Scis BJO;

1-4 Fwd L, cl R, fwd L, -; Fwd R, cl L, fwd R, -; Fwd L, cl R, bk L, -; Bk R, cl L, fwd R, - (W Sd L, cl R, XLIB, -) to BJO;

### Fishtail; Walk & Face; 2 Turn 2-Steps BFLY;;

5-8 XLIB (W-XRIF), sd R, fwd L, Lk RIB (W-lk LIF); Fwd L, -, fwd R, - to CP/WALL; Repeat meas 13 & 14 Part A to BFLY;;

### Face to Face; Back to Back; Basketball Turn;;

9-12 Sd L, cl R, sd L turning 1/2 LF to bk to bk pos, -; Sd R, cl L, sd R turning 1/2 RF BFLY, -;  
Sd L trn RF, -, rec R trn RF to fc RLOD, -; Fwd L trn RF, -, rec R trn RF to SCP, -;

### Lace Up SCP;;;

13-16 Fwd L, cl R, fwd L (as W progresses under joined lead hands) to LOP, -; Fwd R, cl L, fwd R, -;  
Fwd L, cl R, fwd L (as W progresses under M right & W left hand), -; Fwd R, cl L, fwd R to SCP, -;

## PART C: Vine 3; Wrap; Unwrap; Change Sides;

1-4 Sd L, XRIB, sd L, tch R; Sd R, XLIB, sd R, tch L (W-trn LF L,R,L, tch R) keep both hands joined, lead hands over W's hd & M's R & W's L at waist level; Release lead hands step in place L,R,L, tch R (W-unwrap RF to arms length R,L,R, tch L); Fwd R,L,R, tch L trng RF to OP/RLOD (W-fwd L,R,L, under raised M's R & W's L, trn LF tch R);

### Vine 3; Wrap; Unwrap; Change Sides;

5-8 Repeat Meas 1-4 Part C to BFLY face wall;;;

### Side Draw Close SCP;

9 Sd L, draw R to L, Close R, - SCP;

## END: 2 Fwd 2-Steps;; Box;;

1-4 Repeat Meas 1 & 2 Part A to CP/WALL;; Sd L, cl R, fwd L, -; Sd R, cl L, back R, -;

### Rev Box;; Circle Away 2 2-Steps;;

5-8 Sd L, cl R, back L, -; Sd R, cl L, fwd R, -; Repeat Meas 5 & 6 Part A;;

### Strut 4 Tog;; Apart & Point.

9-11 Repeat Meas 7 & 8 Part A;; Step apt L, -, pt R, -.