

# One Heartbeat

**Count:** 32      **Wall:** 4      **Level:** Absolute Beginner

**Choreographer:** Vivienne Scott – March 2016

**Music:** '2 Heads' by Coleman Hell (EP Coleman Hell - amazon and iTunes)

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**Alternative Music (something different!): 'Twist' by Pritam & Neeraj Shridhar (Album 'Love Aaj Kal' also available on amazon and itunes)**

**This is a long track so you can fade it out whenever you feel your dancers are fading!!**

**Intro – '2 Heads': 32 counts from the first piano note on "water", starting after the first set of lyrics on the instrumental**

**'Twist': 56 counts in starting on the lyrics**

## **OUT, OUT, IN, TOGETHER, SWIVELS (or Heel Twists) x 2**

- 1-2                    Step right forward to right diagonal. Step left forward to left diagonal. (with attitude!)
- 3-4                    Step right back to place. Step left beside right.
- 5-8                    Twist heels left, centre, left, centre

**(Alt: With weight on right heel and left toe, swivel both toes to left. Return to centre. Repeat)**

## **RIGHT GRAPEVINE, FLICK, SIDE, TOGETHER, SIDE, TOUCH**

- 1-4                    Step right to right side. Cross left behind right. Step right to right side. Flick left behind right slapping left foot with right hand..
- 5-8                    Step left to left side. Step right beside left. Step left to left side. Touch right beside left.

## **TOE STRUT X 2, BACK ROCK/SWAY, 1/4 TURN SIDE ROCK/SWAY**

- 1-2                    Step back on right toe. Drop heel with finger snap high. (Option: Step back on right. Snap)
- 3-4                    Step back on left toe. Drop heel with clap. (Option: Step back on left. Clap)
- 5-6                    Rock/sway back on right. Sway forward onto left.
- 7-8                    Turn 1/4 right and rock/sway right to right side. Sway left.

## **POINT, TOGETHER, POINT, TOGETHER, TOE TOUCH, DROP HEEL X 3**

- 1-2                    Point right toe to right diagonal. Step right beside left
- 3-4                    Point left toe to left diagonal. Step left beside right
- 5                        Touch right toe slightly forward to right diagonal.
- 6-8                    Drop right heel x 3

**Have fun!**

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