

# My Heart Skips A Beat

64 count, 2 wall, improver level

Choreographer: Carina Slijters (NL) Oct 2007

Choreographed to: My Heart Skips A Beat by Dwight Yoakam

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Starts after 20 counts (after the words 'Oh, my heart' on the beat)

**Rumba Box**

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

**Toe Struts Backwards, Slow Coaster Step, Hold**

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

**Weave Right, Side Rock, Cross, Hold**

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

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

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

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

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