

# ONE HEARTBEAT

Description: 32 ct, 4 wall, Absolute Beginner  
Choreographed by: Vivienne Scott - March 2016  
Music: '2 Heads' by Coleman Hell  
Intro: - '2 Heads': 32 counts from the first piano note on "water",  
starting after the first set of lyrics on the instrumental

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

1-2 Step r fwd to r diagonal. Step l fwd to l diagonal. (with attitude!)

3-4 Step r back to place. Step l beside r.

5-8 Twist heels l, centre, l, 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 r to r side. Cross l behind r. Step r to r side. Flick l behind r slapping l foot with r hand

5-8 Step l to l side. Step r beside l. Step l to l side. Touch r beside l.

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

1-2 Step back on r toe. Drop heel with finger snap high. (Option: Step back on r. Snap)

3-4 Step back on l toe. Drop heel with clap. (Option: Step back on l. Clap)

5-6 Rock/sway back on r. Sway fwd onto l.

7-8 Turn 1/4 r and rock/sway r to r side. Sway l.

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

1-2 Point r toe to r diagonal. Step r beside l

3-4 Point l toe to l diagonal. Step l beside r

5 Touch r toe slightly fwd to r diagonal.

6-8 Drop r heel x 3

Have fun!

## Alternative Übungsmusik:

Up All Night - Michael English 24ct

See, I Wrote It For You - Jeremy Loops 48ct