

HEARTBEAT TWOSTEP

Choreographers: Milo & Carol Molitoris, PO Box 824, Willows, CA 95988 916-934-8569
Record: Stardust URC 1236 "Can't You Hear My Heartbeat", by Herman's Hermits
Footwork: Opposite, directions for man (woman in parentheses) Speed: 46 RPM
Time: 2:15
Phase & Rhythm: Roundlab Phase 2 Twostep Timing is QQS except as noted.
Sequence: Introduction, A, A, B, A, End Released: Jan 96

INTRODUCTION

Measures

1-4 OP FCG DLW WAIT 2;; APT PT; TOG PU CP LOD;

1-2 In OP DLW FCG wait 2 meas;;

3 SS Stp apt L,-, pt R,-,;

4 SS Stp tog R,-, tch L,-pickup W CP LOD,;

Note: A Snug Closed Position works best so you can hear each other's "heartbeat" ☺

PART A

1-4 BOX;; SD DRW TCH LEFT; SD DRW TCH RIGHT;

1-2 Sd L, cls R, fwd L,-,; sd R, cls L, bk R,-,;

3-4 SS; SS Sd L, drw R to left,-,tch R,; sd R, drw L to R,-, tch L,;

5-8 REV BOX;; SD DRW TCH LEFT; SD DRW TCH RIGHT;

5-6 Sd L, cls R, bk L,-,; sd R, cls L, fwd R,-,;

7-8 Repeat meas 3 & 4 loosen Snug Closed Position;;

9-12 PROGRESSIVE SCISSORS TWC BJO;; FWD HITCH; HITCH SCISSORS SCP;

9-10 Sd L, cls R, XLIF SCAR DLW,-,; sd R, cls L, XRIF BJO DLC,-,;

11-12 Fwd L, cls R, bk L,-,; bk R, cls L, fwd R,-, (W bk/sd L trng fc M, cls R, stp thru L) to SCP LOD;

13-16 2 FWD TWOSTEPS OP LOD;; HITCH DOUBLE;;

13-14 Fwd L, cls R, fwd L,-,; fwd R, cls L, fwd R,-,OP LOD;

15-16 Fwd L, cls R, bk L,-,; bk R, cls L, fwd R,-,;

17-19 FWD LOCK FWD TWC;; WALK & PU CP LOD;

17-18 Fwd L, lk RIB, fwd L,-,; fwd R, lk LIB, fwd R,-,;

19 SS Fwd L, -, fwd R,-, pick up W CP LOD;

NOTE: 2nd time chq meas 19 to WALK & FC CP WALL; 3rd time WALK & FC BFLY WALL;

PART B

1-4 LEFT TURNING BOX-HALF COH;; SD TWO STEP LEFT; SD TWO STEP RIGHT;

1 Sd L, cls R, fwd L trng ¼ lfc,-,; sd R, cls L, bk R trng ¼ lfc,-, fc COH
CP;

3-4 Sd L, cls R, sd L,-,; sd R, cls L, sd R,-,;

5-8 LEFT TURNING BOX-HALF WALL;; SD CLS TWC; WALK & PU;

5 Sd L, cls R, fwd L, trng ¼ lfc,-,; sd R, cls L, bk R trng ¼ lfc,-, fc WALL
CP;

7 QQQQ Sd L, cls R, sd L, cls R, SCP LOD;

8 SS Repeat Part A meas 19;

END

1-4 BFLY LIMP; WALK FC BFLY; LIMP; WALK & FC BFLY;

1 QQQQ Sd L, XIB R, sd L, XIB R,;

2 SS Fwd L, -, fwd R,-, BFLY;

3 QQQQ Repeat Meas 1;

4 SS Repeat Meas 2;

5-6 TWIRL VINE 2; APT PT;

5-6 SS;SS Sd L,-, XIB R,-,(W twirl rfc under joined lead hnds R,-,L,-,); stp apt L,-,
, pt R twd ptrn,-,;