

# MY HEART SKIPS A BEAT

**Music:** My Heart Skips A Beat (I Tunes) (2min.30sec)  
**Artist:** Daniel O'Donnell, Album: Classic Doubles, Thoughts of Home  
**Choreographer:** Margaret Warren, Tasmania, Feb. 2014  
**Description:** 32 Beat, 4 Wall, Upper Beginner Line dance, 1 Restart

**Beats**            **Steps**            **Intro: 8 Beats, start on Skip**

**Side, Tog, Shuffle Fwd, Side, Tog, ¼ Turn, Shuffle Fwd**

1,2,3&4 Step R to side, Slide L next to R, Shuffle forward R, L, R

5,6,7&8 Step L to side, Slide R next to L. Turn ¼ L, shuffle forward L, R, L

**Cross, Replace, Side, x 2, Syncopated Rocking Chair, ¼ Pivot,**

1&2 Cross R over L, Replace on L, Step R to side,

3&4 Cross L over R, Replace on R, Step L to side,

5&6& Rock fwd on R, Replace on L, Rock back on R, Replace on L

7,8\* Step forward on R, Pivot ¼ L (weight on L)

**R Cross Shuffle, Hip Bumps, R Cross Shuffle, ¼ Turn, Fwd L, Replace, Back**

1&2,3&4 Cross Shuffle R, L, R, Step L to side bumping hips L, R, L,

5&6,7&8 Cross Shuffle R, L, R, Turn ¼ L & Step fwd on L, Replace on R, Step back on L

**R Sailor Step, Back, Back, L Coaster Step, Heel Ball Forward**

1&2 Step R behind L, Step L to Side, Step R to Side

3,4 Sweep L & step behind R, Sweep R & Step behind L

5&6 Step back on L, Step R beside L, Step L forward

7&8 Touch R Heel forward, Step R beside L, Step forward on L

There is a restart on wall 4 after 16 beats\* you will be at 3 Ocl, Start again from beginning  
The Last Repeat of dance on wall 7 is also 16 Beats,  
Change the ¼ Pivot to ½ Pivot to face the front wall & step tog.

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