



Approved by:

*Maggie Gallagher*

# Celtic Heartbeat

## 4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 – 2 & 3 & 4 – 6 7 & 8	<b>Step, Touch, &amp; Heel &amp; Walk, Forward Rock, 1/2 Turn Shuffle</b> Step right forward. Touch left toe beside right. Step left back. Tap right heel forward. Step right beside left. Walk forward left. Rock forward on right. Recover onto left. Shuffle step 1/2 turn right, stepping - right, left, right.	Step Touch & Heel & Step Rock Forward Shuffle Half	Forward On the spot Forward Turning right
<b>Section 2</b> 1 – 2 & 3 & 4 – 6 7 & 8 <b>Restart 3</b>	<b>Step, Touch, &amp; Heel &amp; Walk, Forward Rock, 1/2 Turn Shuffle</b> Step left forward. Touch right toe behind left. Step right back. Tap left heel forward. Step left beside right. Walk forward right. Rock forward on left. Recover onto right. Shuffle step 1/2 turn left, stepping - left, right, left. <b>Wall 6:</b> Restart dance from the beginning (facing 9:00).	Step Touch & Heel & Step Rock Forward Shuffle Half	Forward On the spot Forward Turning left
<b>Section 3</b> 1 – 2 & 3 – 4 5 – 7 & 8 <b>Restart 1</b>	<b>1/4 Turn Rock &amp; Side Rock, Cross, Side Rock &amp; Side</b> Turn 1/4 left rocking right to right side. Recover onto left. (9:00) Step right beside left. Rock left to left side. Recover onto right. Cross left over right. Rock right to right side. Recover onto left. Step right beside left. Step left to left side. <b>Wall 2:</b> Restart dance from the beginning (facing 6:00)	Quarter Rock & Side Rock Cross Side Rock & Side	Turning left On the spot Right Left
<b>Section 4</b> 1 – 2 3 & 4 5 – 6 7 & 8	<b>Back Rock, Chasse, Back Rock, Kick Ball Cross</b> Rock back on right. Recover onto left. Step right to right side. Close left beside right. Step right to right side. Rock back on left, opening body slightly to left diagonal. Recover onto right. Kick left forward. Step left beside right. Cross right over left.	Rock Back Chasse Right Rock Back Kick Ball Cross	On the spot Right On the spot
<b>Section 5</b> 1 & 2 & 3 & 4 & 5 – 6 7 & 8	<b>Toe &amp; Heel &amp; Toe &amp; Heel &amp; Side Rock, Behind Side Cross</b> Tap left toe behind right heel (keep weight right). Step left to side. Tap right heel across left. Step onto right in place. Tap left toe behind right heel (keep weight on right). Step left to left side. Tap right heel across left. Step right beside left. Rock left to left side. Recover onto right. Cross left behind right. Step right to right side. Cross left over right.	Toe & Heel & Toe & Heel & Side Rock Behind Side Cross	Left On the spot Right
<b>Section 6</b> 1 & 2 3 – 4 5 & 6 7 – 8	<b>Hold Ball Cross, Side Rock, Triple Full Turn, Cross, Point</b> Hold. Step right slightly back. Cross left over right. Rock right to right side. Recover onto left. Triple step full turn right, stepping - right, left, right. (9:00) Cross left over right. Point right to right side.	Hold Ball Cross Side Rock Triple Full Turn Cross Point	Right On the spot Turning right Right
<b>Section 7</b> 1 & 2 3 & 4 <b>Restart 2</b> 5 – 8	<b>Right Sailor Step, Left Sailor Step, Step Pivot 1/2 x 2</b> Cross right behind left. Step left to left side. Step right beside left. Cross left behind right. Step right to right side. Step left beside right. <b>Wall 4:</b> Restart dance from the beginning (facing 12:00). Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left. (9:00)	Right Sailor Left Sailor Step Pivot Step Pivot	On the spot Turning left
<b>Section 8</b> 1 – 2 & 3 – 4 5 – 6 7 & 8	<b>Walk, Hold &amp; Walk, Point, Walk Back x 2, Coaster Step</b> Walk forward right. Hold. Step left beside right. Walk forward on right. Point left toe forward. Walk back left. Walk back right. Step left back. Step right beside left. Step left forward. (9:00)	Walk Hold & Walk Point Back Back Coaster Step	Forward Back On the spot
<b>Tag</b> 1 – 2 & 3 & 4	<b>End of Wall 3: Step, Touch, &amp; Heel &amp; Walk (repeat of first 4 counts of dance)</b> Step right forward. Touch left toe beside right. Step left back. Tap right heel forward. Step right beside left. Walk forward left.	Step Touch & Heel & Step	Forward

**Choreographed by:** Maggie Gallagher (UK) March 2014

**Choreographed to:** 'Heartbeat' by Can-Linn (feat Kasey Smith)  
 Single; download available from amazon or iTunes (8 count intro)

**Restarts:** Three Restarts - Walls 2, 4 and 6

**Tag:** One short Tag at the end of Wall 3 (facing 3:00)



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)