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A Single Heartbeat

32 Count, 4 Wall, Intermediate

Choreographer: Alison and Peter (UK) Feb 2016
Choreographed To: As Long As We Are In Love by
Ronan Keating,
Album: Time Of My Life

Start after 16 count into (approx. 9 secs)

Track: 3mins – 144bpm

Section 1 **R Chassé, L Back Rock/Recover, L Kick Ball Cross, Syncopated ½ R Hinge Cross**
1&2 Step R side, step L together, step R side
3-4 Rock L back, recover weight on R
5&6 Kick L on left diagonal, step L back, cross step R over L
7&8 Turning ¼ right step L back, turning ¼ right step R side, cross step L over R (6 o'clock)

Section 2 **R Side Rock/Recover, R Together, L Side, R Cross Step, L Side, ¼ R Coaster, L Fwd**
1-2& Rock R side, recover weight on L, step R together
3-5 Step L side, cross step R over L, step L side
6&7 Turning ¼ right step R back, step L together, step R forward (9 o'clock)
8 Step L forward
Wall 2 Restart: During wall 2 dance first 16 counts and restart the dance facing the back wall

Section 3 **R Fwd Rock/Recover, R Back Ball Cross, R Back, ½ L, ½ L, L Coaster**
1-2& Rock R forward, recover weight on L, step R back
3-4 Cross step L over R (body on right diagonal), step R back
5-6 Turning ½ left step L forward, turning ½ left step R back
7&8 Step L back, step R together, step L forward (9 o'clock)

Section 4 **R Side Rock/Recover, R Cross Step, L Side Rock/Recover, L Cross Step, R Jazz Box Ball Cross 2x**
1&2 Rock R side, recover weight on L, cross step R over L
3&4 Rock L side, recover weight on R, cross step L over R
5-6 Cross step R over L, step L back
&7 Step R side, cross step L over R
&8 Step R side, cross step L over R

Tag: **End Of Wall 4 And Wall 7 (both Facing Front Wall). Add The Following 4 Counts**
1-2 **Step R Side, Touch L Side**
3-4 **Turning ¼ Left Step L Forward, Touch R Together**

Big Ending: **Facing 3 o'clock dance 1st 6 counts & on counts 7-8 unwind 1¼ left to face 12 o'clock & strike a pose! Or ¼ left will work too!**