

EVERY HEARTBEAT

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CHOREO: Bill and Maxine Ross, 19 Castleton Court, Fredericton, NB, Canada E3B 6H3

(506) 455-6538, e-mail: bmross@nbnet.nb.ca

web page <http://billmaxineross.com>

CD: 2007 Amy Grant Productions, CD Title "Heart In Motion" (Artist: Amy Grant) Track 3 "Every Heartbeat" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 3:33

RHYTHM: Jive RAL PHASE IV

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-INTERLUDE-A-B-C-INTERLUDE-A(9-16)-B-C-C-ENDING

MEAS:

INTRODUCTION

1-4 LOP-FCG LOD WAIT 2 MEAS;; CHICKEN WALKS 2 SLOW; 4 QUICK;

1-2 Wait in LOP-FCG LOD w/ lead ft free;;

3 {Chicken Walks 2 Slow} LOP-FCG LOD Bk L, -, bk R, - (W swvl fwd R, -, swvl fwd L, -);

4 {Chicken Walks 4 Quick} LOP-FCG LOD Bk L, bk R, bk L, bk R (W swvl fwd R, swvl fwd L, swvl fwd R, swvl fwd L);

5-8 THROWAWAY FC RLOD; CHANGE LEFT TO RIGHT FC COH ~ CHANGE HANDS BEHIND BACK;;

5 {Throwaway fc RLOD} LOP-FCG LOD Sd L/cl R, sd L, sd R/cl L, sd R trn 1/2 LF on triples (W fwd R trn LF/cl L, sd R, sd & bk L/cl R, sd L to fc LOD) to LOP-FCG RLOD;

6-8 {Change Left to Right fc COH} LOP-FCG RLOD Rk bk L, rec R, sd L/cl R, sd L trn 1/4 RF; Sd R/cl L, sd R (W rk bk R, rec L, fwd R/cl L, fwd R trn 3/4 LF undr ld hnds; Sd L/cl R, sd L) to LOP-FCG COH, {Change Hands Behind Back} LOP-FCG COH rk bk L, rec R; Slightly fwd L/cl R, fwd L trn 1/4 LF (W rk bk R, rec L; Fwd R/cl L, fwd R trn 1/4 RF) chg W's R hnd to M's R hnd, slightly sd & bk R/cl L, sd R cont trn 1/4 LF (W sd L/cl R, sd & bk L trn 1/4 RF) chng W's R hnd to M's L hnd to LOP-FCG WALL;

PART A

1-4 AMERICAN SPIN TO HANDSHAKE ~ TRIPLE WHEEL TO HANDSHAKE;;;

1-4 {American Spin to Handshke} LOP-FCG WALL Rk bk L, rec R, sd L/cl R, sd L; Sd R/cl L, sd R (W rk bk R, rec L, sd R/cl L, sd R spin RF full trn; Sd L/cl R, sd L) to Handshake WALL, {Triple Wheel to Handshake} Handshake WALL rk apt L, rec R; Wheel RF sd L/cl R sd L trn in twd W & tch W's back, cont RF wheel sd R/cl L, sd R trn away from W (W rk apt R, rec L; Wheel RF sd R/cl L, sd R trn away from M, cont RF wheel sd L/cl R sd L trn in twd M & tch M's back); Cont RF wheel sd L/cl R sd L trn in twd W & tch W's back, lead W to spin RF sd R/cl L/ sd R to Handshake COH (W cont RF wheel sd R/cl L, sd R spin RF on R to fc M, sd L/cl R, sd L to fc WALL);

5-8 MIAMI SPECIAL ~ SHOULDER SHOVE;; SLOW SIDE BREAKS;

5-7 {Miami Special} Handshake COH rk apt L, rec R, fwd L/cl R, fwd L trn 3/4 RF lead W trn LF undr joined hnds put hnds over M's head so hnds rest behind M's neck; Sd R/cl L, sd R (W rk apt R, rec L, fwd R/cl L, fwd R trn LF 3/4 undr joined hnds; Sd L/cl R, sd L release hnds & slide down M's L arm) to LOP RLOD, {Shoulder Shove} LOP RLOD rk apt L, rec R; Sd L/cl R, sd L to tch M's L & W's R shldr, mv away & trn LF sd & bk R/cl L, bk R (W rk apt R, rec L; Sd R/cl L, sd R, mv away & trn RF sd & bk L/cl R, bk L) to LOP-FCG WALL;

8 {Slow Side Breaks} LOP-FCG WALL Push stp sd L, push stp sd R, cl L twd R, cl R; [Option: use timing &S&S]

9-12 LINK ROCK ~ ROCK REC SCP;; KICK STEP TO FACE; KICK BETWEEN LEGS;

9-10 {Link Rock} LOP-FCG WALL Rk bk L, rec R, sm fwd L/cl R fwd L; Sd R/cl L, sd R (W rk bk R, rec L, sm fwd R/cl L, fwd R; Sd L/cl R, sd L) to CP WALL, {Rock Rec SCP} CP WALL rk bk L to SCP LOD, rec R (W rk bk R to SCP, rec L);

11 {Kick Steps to Fc} SCP LOD Kick L fwd, cl L, kick R thru, cl R trn to CP WALL;

12 {Kick Between Legs} CP WALL Kick L to L sd of W, cl L, kick R between W's legs, cl R (W kick R between M's legs, cl R, kick L to L sd of M, cl L);

13-16 SLOW MARCHESSI;;;

13-16 {Slow Marchessi} CP WALL Ld hnds joined below waist level press L heel fwd, rec R, press L toe bk, rec R; Press L heel fwd, rec R, press L heel fwd, rec R joined hnds move in direction of M's L foot (W press R toe bk, rec L, press R heel fwd, rec L; Press R toe bk, rec L, press R toe bk, rec L); CP WALL Press L toe bk, rec R, press L heel fwd, rec R; Press L toe bk, rec R, press L toe bk, rec R (W press R heel fwd, rec L, press R toe bk, rec L; Press R heel fwd, rec L, press R heel fwd, rec L);

PART B

1-5 PRETZEL TURN;;; JIVE WALKS ~ SWIVEL WALK 2;;

- 1-3 {**Pretzel Turn**} CP WALL Rk bk L to SCP, rec R to fc, sd L/cl R, sd L trn 1/2 RF; Sd R/cl L, sd R trn 1/4 RF (W rk bk R to SCP, rec L to fc, sd R/cl L, sd R trn 1/2 LF; Sd L/ cl R/ sd L trn 1/4 LF) to end sd by sd with ld hnds joined behind back, rk fwd L with R hnd fwd, rec R; Sd L/cl R, sd L trn LF, sd R/cl L, sd R (W rk fwd R with L hnd fwd, rec L; Sd R/cl L, sd R trn RF, sd L/cl R, sd L) to CP WALL;
- 4-5 {**Jive Walks**} CP WALL Rk bk L to SCP LOD, rec R in SCP, fwd L/cl R, fwd L; Fwd R/cl L, fwd R (W rk bk R to SCP, rec L in SCP, fwd R/cl L, fwd R; Fwd L/cl R, fwd L), {**Swivel Walk 2**} SCP LOD fwd L in front of R ft, fwd R in front of L ft;

6-8 THROWAWAY; CHANGE LEFT TO RIGHT WITH CONT CHASSE;;

- 6 {**Throwaway**} SCP LOD Fwd & sd L/cl R, sd L, sd R/cl L, sd R (W fwd R trn LF/cl L, sd R, sd & bk L/cl R, sd L to fc RLOD) to LOP-FCG LOD;
- 7-8 {**Change Left to Right with Cont Chasse**} LOP-FCG LOD Rk bk L, rec R, sd L/cl R, sd L trn 1/4 RF; Sd R/cl L, sd R/cl L, sd R (W rk bk R, rec L, fwd R/cl L, fwd R trn 3/4 LF undr ld hnds; Sd L/cl R, sd L/cl R, sd L/cl R, sd L) to LOP-FCG WALL;

INTERLUDE

1-4 NEW YORKER; RIVERBOAT SHUFFLE; SPOT TURN; JIVE CHASSES;

- 1 {**New Yorker**} Thru L to LOP RLOD, rec R to fc ptr, sd L/cl R, sd L;
- 2 {**Riverboat Shuffle**} Fc WALL & W no hnds joined XRif (W XLif) lower R shldr X arms in front & snap fingers, sd L uncross arms, XRib (W XLib) lower L shldr slightly, sd L;
- 3 {**Spot Turn**} XRif (W XLif) trn 1/2 LF (W RF), rec L cont trn to fc ptr, sd R/cl L, sd R to BFLY WALL;
- 4 {**Jive Chasses**} BFLY WALL Sd L/cl R, sd L, sd R/cl L, sd R;

PART C

1-5 LINDY CATCH;; SPANISH ARMS FC COH ~ SPANISH ARMS WITH SPIN END;;;

- 1-2 {**Lindy Catch**} LOP-FCG WALL Rk apt L, rec R, fwd L/fwd R/ fwd L mv RF arnd W release L hnd & catch W's waist with R hnd (W rk apt R, rec L, fwd R/fwd L, fwd R); Fwd R, fwd L cont arnd W, fwd R/fwd L, fwd R (W bk L, bk R no trn, bk L/bk R, bk L) to LOP-FCG WALL;
- 3-5 {**Spanish Arms fc COH**} BFLY WALL Rk bk L, rec R trn RF lead W to trn LF under ld hnds to momentary WRP without lowering ld hnds, sd L/cl R sd L cont RF trn; Lead W to trn RF to BFLY sd R/cl L, sd R (W rk bk R, rec L trn 1/4 LF, sd R/cl L, sd R trn 3/4 RF; Sd L/cl R, sd L) to BFLY COH, {**Spanish Arms with Spin End**} BFLY COH rk bk L, rec R trn RF lead W to trn LF under ld hnds to momentary WRP without lowering ld hnds; Sd L/cl R sd L cont RF trn; Pull W's L hnd with his R & release hold & lead her to turn RF under ld hnds sd R/cl L, sd R (W rk bk R, rec L trn 1/4 LF; Sd R/cl L, sd R & spin almost full trn, cont RF trn sd L/cl R, sd L) to LOP-FCG WALL;

6-8 WINDMILL FC COH ~ CHANGE HANDS BEHIND BACK;;;

- 6-8 {**Windmill fc COH**} BFLY WALL Rk bk L, rec R, with ld arms lower & trl arms higher fwd L in front/cl R, fwd L trn 1/4 LF; With arms level sd R/cl L, sd R trn 1/4 LF (W rk bk R, rec L trn 1/4 LF, sd R/cl L, sd R trn 1/4 LF; Sd L/cl R/ sd L) to BFLY COH, {**Change Hands Behind Back**} LOP-FCG COH rk bk L, rec R; Slightly fwd L/cl R, fwd L trn 1/4 LF (W rk bk R, rec L; Fwd R/cl L, fwd R trn 1/4 RF) chg W's R hnd to M's R hnd, slightly sd & bk R/cl L, sd R cont trn 1/4 LF (W sd L/cl R, sd & bk L trn 1/4 RF) chng W's R hnd to M's L hnd to LOP-FCG WALL;

ENDING

1-4 LINK ROCK ~ ROCK REC SCP;; POINT STEPS; THROWAWAY;

- 1-2 {**Link Rock**} LOP-FCG WALL Rk bk L, rec R, sm fwd L/cl R fwd L; Sd R/cl L, sd R (W rk bk R, rec L, sm fwd R/cl L, fwd R; Sd L/cl R, sd L) to CP WALL, {**Rock Rec SCP**} CP WALL rk bk L to SCP LOD, rec R (W rk bk R to SCP, rec L);
- 3 {**Point Steps**} SCP LOD Pt L fwd with outsd edge of ft in contact with floor look to LOD, fwd L, pt R thru with outsd edge of ft in contact with floor look to RLOD, fwd R;
- 4 {**Throwaway**} SCP LOD Fwd & sd L/cl R, sd L, sd R/cl L, sd R (W fwd R trn LF/cl L, sd R, sd & bk L/cl R, sd L to fc RLOD) to LOP-FCG LOD;

ABI ABCI A(9-16)BCC

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(LOP-FCG LOD LEAD FOOT FREE)