

Cardiac Rock

Choreographed by Dean Gambino 12/05

Music: The Heart of Rock & Roll by Huey Lewis & the News

4 Wall / Intermediate / 32 count / Line Dance

Dance starts 32 counts in after "heartbeats" on the lyrics.

Shuffle Right, ½ Turn Left, Shuffle Left, Rock Back, Recover, ¼ Shuffle Turn Left.

1-4 Shuffle R-L-R to right (1&2), Pivot on Right ½ turn left (&), Shuffle L-R-L to left (3&4).

5-8 Rock back Right behind Left (5), Recover forward Left (6), ¼ Shuffle turn left, R-L-R (7&8).
Rock Back, Recover, Shuffle Forward, Rock Forward, Recover, ¾ Shuffle Turn Right.

1-4 Rock back on Left (1), Recover forward on Right (2), Shuffle forward L-R-L (3&4).

5-8 Rock forward Right (5), Recover back Left (6), ¾ Shuffle turn right R-L-R (7&8).

Point, Cross Behind, Point, Cross Behind, ¼ Turn Right Coaster Step, ½ Step Pivot Left.

1-4 Point Left to left (1), Step Left behind Right (2), Point Right to Right (3), Step Right behind Left (4).

5-8 Step Left slightly back making a ¼ turn right (5), Step Right next to Left (&), Step Left forward (6) Step Right forward (7), ½ turn left weighting Left Step Right, Drag, Rock Back, Recover, Step Left, Drag, Rock Back, Recover.

1-4 Large step Right to right (1), Drag left just behind Right (2), Rock back Left behind Right (3), Recover forward on Right (4).

5-8 Large step Left to left (5), Drag Right just behind Left (6), Rock back Right behind Left (7), Recover forward on Left (8).

Tag A: 2 counts. Done after walls, 1 (9:00), 4 (12:00), 9 (9:00).

Rock back on Right (1), Recover forward on Left (2).

Tag B: 8 counts, &. Done after walls, 3 (3:00) and 6 (6:00).

Place hands on thighs through counts 1-8.

Step Right to right, weight on both feet (1), Lift both heels (&), Drop both heels (2), While pivoting on the Right, make a ¼ turn left, stepping Left to left, weight on both feet (3), Lift both heels (&), Drop both heels (4), While pivoting on the Left, make a ¼ turn left, stepping Right to right, weight on both feet (5), Lift both heels (&), Drop both heels (6), While pivoting on the Right, make a ¼ turn left, stepping Left to left, weight on both feet (7), Lift both heels (&), Drop both heels (8), While pivoting on the Left, make a ¼ turn left and flick the Right behind left leg (&).

Bonus Moves:

1. During the 2nd & 5th repetitions, replace counts 29-32 with, Step Left to left (5), Hip bumps L(6), R(&), L(7), Hold(8). (You'll hear heavy drum beats at this point.)
2. During the 10th repetition, replace counts 29-32 with, Step Left to left, lifting shoulders and looking to 7:00 (5), Shoulder pumps, count on the down moves, (&,6,&,7,&,8). (You'll hear the lyrics, "Dit, Dit, Dit, Dit, they say...")

Pam & Eagle Lindsey
dancin.feats@verizon.net
<http://mysite.verizon.net/rest8tga/>