

## The Beat of My Heart by Hillary Duff

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### Intro:

8 beat wait  
Left foot lead

### Part A:

1 Joel's Lasso DS, DS, DS, Chug-H, RS, Chug-H, RS, RS  
L R L R L RL R L RL RL

1 Slur Brush DS, Slur(XIB)-S, DS, Brush-H  
R L L R L R

1 Turkey Drag, Heel-Ball, Step(XIB), DSRS  
R L L R L RL

***REPEAT ABOVE THREE STEPS WITH OPPOSITE FOOTWORK***

### Part B:

1 Rooster Run DS, DS(XIF), R(OTS) S(XIB), R(OTS), S(XIF)  
L R L R L R

1 Lucy Brushover DS, Brush(XIF)-H, DS(XIF), Tip(XIB)-H  
L R L R L R

1 Triple DS, DS, DS, RS  
L R L RL

1 Brush Forward & Back DS Brush-H, DS, R(IB)S  
R L R L R L

***REPEAT ABOVE FOUR STEPS WITH OPPOSITE FOOTWORK***

1 Missy Kicker DS, R(lift left leg XIF)S, Drag-Step, R(left right leg XIF)S  
L R L L R L R

1 Simone Stomp DS, DS, Stomp-Stomp, Drag-Slide  
L R L R B B

### Part C:

1 MJ Turn DS, DS(XIB), RS, Step, RS, DS, RS, RS. Turn 1 ½ left  
L R LR L RL R LR LR

1 Big DS, Stamp-R(kick left leg OIF)S, Stamp-R(kick left leg  
OIF)S

L R R L R R  
L

1 Triple

***REPEAT ABOVE THREE STEPS TO FACE FRONT***

3 Beats

Step-Slide, Stamp-Stomp  
L L R R

**Part D:**

1 Clog

DSRS

1 Long Drag

DS, DS(XLIF), Drag-RS, Drag-Step, Drag-Step, RS, DS,  
DS, RS. Turn ¼ right  
R L L RL L R R L RL R  
L RL

1 Joey

DS(OTS), S(XIB), S(OTS), S(OTS), S(XIB), S(OTS),  
S(OTS)

R L R L R L R

***REPEAT ABOVE THREE STEPS TO FACE ALL WALLS***

**Ending:**

1 Clogs

1 Long Drag

Turn ½ right

1 Joey

***REPEAT ABOVE THREE STEPS TO FACE FRONT***

1 Rock Beat

Ball-Stamp-Stomp  
L R R

**SEQUENCE: Intro, A, B, C, A, B, C, D, A, C, Ending**