

Albany Heartbeats

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Mary Bee Friedrich (DE) - 28 August 2021

Music: Albany (feat. Roger Whittaker) - DJ Herzbeat

Motion: Novelty/ Modern Country/ Pop

Intro: 24 Count - Starts with singing...Albany

Section 1: Weave R/L

1 - 2 RF step to right side, LF cross behind RF
3 - 4 RF step to right side, LF touch to RF
5 - 6 LF step to left, RF cross behind LF!
7 - 8 LF step to left, RF touch to LF

Section 2: Walk fwd. Kick (and Clap), Walk Back, Touch

1 - 2 RF step fwd., LF step fwd.
3 - 4 RF step fwd., LF kick fwd. and clap your hands
5 - 6 LF step back, RF step back
7 - 8 LF step back, RF touch to LF

Section 3: ¼ Step Turn L, Side Touch, Coaster Step, Hold

1 - 2 RF ¼ turn to left side, LF touch to RF and sway to the right side with both arms
3 - 4 LF step to left side, RF touch to LF and sway with both arms to the left side
5 - 6 RF step back, LF close to RF.
7 - 8 RF step fwd., Hold

Section 4: Shuffle, Scuff, Jazz Box

1 - 2 LF step fwd., RF close to LF.
3 - 4 LF step fwd., RF scuff fwd. with heel.,
5 - 6 RF cross over LF, LF step diagonal back
7 - 8 RF step diagonal back, LF close to RF with full weight

Have Fun - Move slowly / Clap and Sway 🎧

The Choreo turns always contra clockwise!

RF > right foot :: LF > left foot :: bwd.s > backwards/back :: fwd.> forward

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