

The Pulse (□□□□)

LINEDANCE.COM

Count: 64 **Wall:** 4 **Level:** Intermediate

Choreographer: Kate Sala , UK (Oct 10)

Music: Who Owns My Heart by Miley Cyrus (CD: Can't Be Tamed)

□□□ **Start after a 32 Count intro. 32**□□□□

□□□

Step Left Forward, Side Touch Right,

Step Back, Side Touch Left, Coaster Step, Step, Pivot 1/2 Turn Left.

□□ □□ □□

□□ , □□□ , □ □

1-4

Step forward on L. Touch R out to R side. Step back on R. Touch L out to

L side. □□□□ , □□□□ , □□□□ , □□□□

5&6

Step back on L. Step R next to L. Step forward on L.

□□□□ , □□□□ , □□□□

7-8

Step forward on R. Pivot 1/2 turn L.

□□□□ , □□□ **180°**

□□□

Step, Pivot 1/2 Turn Left, Cross

Step, Step Left, Sailor Step With 1/4 Turn Right, Shuffle Forward On Left.

□ □ □□ □ , □ **1/4°** □ □ , □□□

1-2

Step forward on R. Pivot 1/2 turn L.

□□□□ , □□□ 180□

3-4

Cross step R over L. Step L out to L side.

□□□□□□□□ , □□□□

5&6

Cross step R behind L. Turn 1/4 R stepping L to L side. Small step

forward on R. □□□□□□□□ , □□ 90□□□□□□ , □□□□

7&8

Step forward on L. Step R next to L. Step forward on L. [3

o'clock.]

□□□□ , □□□□ , □□□□ (□□ 3□□)

□□□

Full Turn Left, Rock Forward On

Right, Recover, Step Back, Heel Swivel, Step Back, Side Touch Right. □ □ , □□□ , □□□□

□

□ , □ □□

1-2

Turn 1/2 L

stepping back on R. Turn 1/2 Left stepping forward on L. □□ 180□□□□□□ , □□ 180

□□□□□□

3-5

Rock forward on R. Recover back on to L. Step back on R.

□□□□ , □□□ , □□□

&6

Coming up on to the balls of the feet swivel both heels L. Swivel both

heels back to centre. □□□□□ , □□□□

7-8

Step back on L. Touch R out to R side.

□□□□ , □□□

□□

Right Hitch Ball Cross, Side Rock

Right, Recover, Weave Left, Side Rock Left. Recover □ □ □□ , □□□ □□ , □ □ □□ , □□□

□□

1&2

Hitch R knee up. Step down on ball of R. Cross step L over R.

□□□ , □□□ , □□□□□□□□

3-4

Side rock R on R. Recover on to L.

□□□□□ , □□□

5&6

Cross step R behind L. Step L to L side. Cross step R over L.

□□□□□□□□ , □□□□ , □□□□□□□□

7-8

Side rock L on L. Recover on to R.

□□□□ , □□□

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Cross Step Behind, Side, Forward, Shuffle Forward,

Step, Pivot 1/4 Turn Right, Cross Step, Side Step. □

□ □ , □□□ , □ 1/4

mso-font-kerning:0pt">□□ □

mso-font-kerning:0pt">

1&2

Cross step L behind R. Step R to R side. Step forward on L.

□□□□□□□□ , □□□□ , □□□□

3&4

Step forward on R. Step L next to R. Step forward on R.

□□□□ , □□□□ , □□□□

5-8

Step forward on L. Pivot 1/4 turn R. Cross step L over R. Step R to R

side. □□□□ , □□□ 90° , □□□□□□□□ , □□□□

***RESTART: There is one restart DURING wall 3.**

Dance up to count 40 and start again from the beginning of the dance facing

12 o'clock.

□□□□ , □□□□ 12□□□ , □□□□

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">

**mso-font-kerning:0pt">Cross Step, Turn 1/2 Left on Right, Left, Cross Step,
Turn 1/2 Right on Left, Right, Rock Forward, Recover**

mso-font-kerning:0pt"> □ □ □

mso-font-kerning:0pt">1/4 1/4 □ □ 1/4 1/4

mso-font-kerning:0pt"> □ □ □ □

1-3

Cross step L over R. Turn 1/4 L

stepping back on R. Turn 1/4 L

stepping L to L side. [12 o'clock.]

□□□□□□□□ , □□ 90□□□□□□ , □□ 90□□□□□□ (12□□)

4-6

Cross step R over L. Turn 1/4 R stepping back on L. Turn 1/4 R stepping

R to R side. [6 o'clock.]

□□□□□□□□ , □□ 90□□□□□□ , □□ 90□□□□□□

7-8

Rock forward On L. Recover on R.

□□□□□ , □□□□□

mso-font-kerning:0pt"> □□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Side Rock Left, Recover, Sailor Step, Cross Shuffle,

Side Step Left, Touch In. □□□ □□ , □□□□ , □□□□□ , □□

□□

1-2

Side rock L on L. Recover on R. □□□□ , □□□□

3&4

Cross step L behind R. Step R to R side. Step L to L side.

□□□□□□□□ , □□□□ , □□□□

5&6

Cross step R over L. Step L to L side. Cross step R over L.

□□□□□□□□ , □□□□ , □□□□□□□□

7-8

Step L to L side. Touch R next to L instep.

□□□□ , □□□□

mso-font-kerning:0pt">□□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Side Step Right, Touch In, Rock Back On Left, Recover,

Jazz Box With 1/4 Turn Left. □□ □□ , □□□□

□□ , □□□□□□ **1/4**

1-2

Step R to R side. Touch L next to R instep.

□□□□ , □□□□

3-4

Rock back on L. Recover on to R.

□□□□ , □□□

5-8

Cross step L over R. Turn 1/4 L

stepping back on R. Step L to L side. Small step forward on R. [3

o'clock.]

□□□□□□□□ , □□ 90□□□□ , □□□□ , □□□□ (3□□)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=10063