



Approved by:



The Pulse

4 WALL – 64 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 – 4 5 & 6 7 – 8	Step, Touch, Back, Touch, Coaster Step, Step, Pivot 1/2 Step left forward. Touch right to right side. Step right back. Touch left to left side. Step left back. Step right beside left. Step left forward. Step right forward. Pivot 1/2 turn left.	Step Touch Back Touch Coaster Step Step Pivot	On the spot Turning left
Section 2 1 – 2 3 – 4 5 & 6 7 & 8	Step, Pivot 1/2, Cross, Side, Sailor 1/4 Turn, Forward Shuffle Step right forward. Pivot 1/2 turn left. Cross right over left. Step left to left side. Cross right behind left. Turn 1/4 right stepping left to side. Small step forward right. Step left forward. Close right beside left. Step left forward. (3:00)	Step Pivot Cross Side Sailor 1/4 Turn Left Shuffle	Turning left Left Turning right Forward
Section 3 1 – 2 3 – 5 & 6 7 – 8	Full Turn, Forward Rock, Back, Heel Swivel, Back, Touch Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. Rock forward on right. Recover onto left. Step right back. Coming up onto balls of feet, swivel heels left. Swivel heels back to centre. Step left back. Touch right to right side.	Full Turn Forward Rock Back Swivel Swivel Back Touch	Turning left On the spot Back
Section 4 1 & 2 3 – 4 5 & 6 7 – 8	Hitch Ball Cross, Side Rock, Weave, Side Rock Hitch right knee. Step down on ball of right. Cross left over right. Rock right to right side. Recover onto left. Cross right behind left. Step left to left side. Cross right over left. Rock left to left side. Recover onto right.	Hitch Ball Cross Side Rock Behind Side Cross Side Rock	Right On the spot Left On the spot
Section 5 1 & 2 3 & 4 5 – 8 Restart	Behind, Side, Step, Forward Shuffle, Step, Pivot 1/4, Cross, Side Cross left behind right. Step right to right side. Step left forward. Step right forward. Close left beside right. Step right forward. Step left forward. Pivot 1/4 turn right. Cross left over right. Step right to right side. Wall 3: Restart dance from beginning at this point (facing 12:00).	Behind Side Step Right Shuffle Step Pivot Cross Side	Right Forward Turning right
Section 6 1 2 – 3 4 5 – 6 7 – 8	Cross, 1/2 Turn, Cross, 1/2 Turn, Forward Rock Cross left over right. Turn 1/4 left stepping right back. Turn 1/4 left stepping left to left side. (12:00) Cross right over left. Turn 1/4 right stepping left back. Turn 1/4 right stepping right to right side. (6:00) Rock forward on left. Recover onto right.	Cross Half Turn Cross Half Turn Forward Rock	Right Turning left Left Turning right On the spot
Section 7 1 – 2 3 & 4 5 & 6 7 – 8	Side Rock, Sailor Step, Cross Shuffle, Side, Touch Rock left to left side. Recover onto right. Cross left behind right. Step right to right side. Step left to left side. Cross right over left. Step left to left side. Cross right over left. Step left to left side. Touch right beside left instep.	Side Rock Sailor Step Cross Shuffle Side Touch	On the spot Left
Section 8 1 – 2 3 – 4 5 – 6 7 – 8	Side, Touch, Back Rock, Jazz Box 1/4 Turn Step right to right side. Touch left beside right instep. Rock back on left. Recover onto right. Cross left over right. Turn 1/4 left stepping right back. Step left to left side. Small step forward on right. (3:00)	Side Touch Back Rock Cross Back Side Step	Right On the spot Turning left Left

Choreographed by: Kate Sala (UK) October 2010

Choreographed to: 'Who Owns My Heart' by Miley Cyrus from CD Can't Be Tamed; also available as download from amazon.co.uk or iTunes (32 count intro)

Restart: One Restart, during Wall 3, after count 40



A video clip of this dance is available at www.linedancermagazine.com