

Heart Attack

Count: 32

Wall: 4

Level: Easy Intermediate

Choreographer: Suzi Beau (ENG) - September 2026

Music: Heart Attack - Boy Named Banjo



Intro Start on lyrics after 8 counts of heavy beat.

Section 1 Heel x2 Toe, Heel, Forward Rock Triple Full Turn

- 1&2& Tap R heel forward, close R to L, Tap L heel forward close L to R
- 3&4& Tap R toe next to L, close R to L, Tap L heel forward, Close L to R
- 5,6 Rock forward on R , recover on L
- 7&8 Triple full turn R stepping R,L,R (alternative R coaster step)

Section 2 Forward Rock shuffle ½ Stomp Hitch Spiral Full turn, Shuffle

- 1,2 Rock forward on L, Recover On R
 - 3&4 Shuffle ½ Left stepping L,R, L
 - 5,6 Stomp forward on R, Hitch L making full turn L on R foot
- (alternative to the full turn Stomp R, Scuff L into a hitch)**
- 7&8 Shuffle forward L stepping L,R,L

Section 3 Forward rock shuffle back Out Out back Back Rock

- 1,2 Rock forward on R recover L
- 3&4 Shuffle back on R stepping R,L,R
- &5,6 Step out L, step out R, Step back on L
- 7,8 Rock back on R, Recover on L

Restart on wall 3

Section 4 Heel ball cross, side rock, Heel Grind ¼ ½ Walk Stomp

- 1&2 Tap R heel to R diagonal, Step on ball of R, Cross Left Over R
 - 3,4 Rock R out to R side, Recover L
 - 5, 6 Cross R over L on R heel and grind ¼, stepping back on L
 - 7, 8 Turn ½ R Stepping R forward , Stomp L
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