

## The Pulse

64 Count, 4 Wall, Intermediate

Choreographer: Kate Sala (UK) Oct 2010

Choreographed to: Who Owns My Heart

by Miley Cyrus. CD: Can't Be Tamed

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Start after a 32 Count intro.

- 1 Step Left Forward, Side Touch Right, Step Back, Side Touch Left, Coaster Step, Step, Pivot 1/2 Turn Left.**  
1 2 3 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.
- 2 Step, Pivot 1/2 Turn Left, Cross Step, Step Left, Sailor Step With 1/4 Turn Right, Shuffle Forward On Left.**  
1 2 Step forward on R. Pivot 1/2 turn L.  
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.  
7 & 8 Step forward on L. Step R next to L. Step forward on L. [3 :00]
- 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.  
3 4 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.
- 4 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.
- 5 Cross Step Behind, Side, Forward, Shuffle Forward, Step, Pivot 1/4 Turn Right, Cross Step, Side Step.**  
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 6 7 8 Step forward on L. Pivot 1/4 turn R. Cross step L over R. Step R to R side.  
**\*Restart** on wall 3
- 6 Cross Step, Turn 1/2 Left on Right, Left, Cross Step, Turn 1/2 Right on Left, Right, Rock Forward, Recover**  
1 2 3 Cross step L over R. Turn 1/4 L stepping back on R. Turn 1/4 L stepping L to L side. [12 :00]  
4 5 6 Cross step R over L. Turn 1/4 R stepping back on L. Turn 1/4 R stepping R to R side. [6 :00]  
7 8 Rock forward On L. Recover on R.
- 7 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.
- 8 Side Step Right, Touch In, Rock Back On Left, Recover, Jazz Box With 1/4 Turn Left.  
1 2 Step R to R side. Touch L next to R instep.  
3 4 Rock back on L. Recover on to R.  
5 6 Cross step L over R. Turn 1/4 L stepping back on R.  
7 8 Step L to L side. Small step forward on R. [3 :00]

**\*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.

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