Feel The Beat

Count: 32    Wall: 4    Level: Beginner
Choreographer: Chris Watson - March 2017
Music: Feel The Beat by Ashleigh Dallas. Album: Lighthouse – iTunes

Start on vocals, weight on left.

STOMP, HEEL BOUNCE X 3, ROCKING CHAIR
1,2,3,4
Stomp R foot forward, bounce heels 3 times taking weight onto R
5,6,7,8
Rock forward onto L, rock weight back to center, Rock/step back onto L and rock weight to R

WALK L,R,L, KICK R, DIAGONAL STEPS BACK
1,2,3,4
Walk forward L,R,L and kick R foot forward, while clapping hands
5,6,7,8
Step R foot back to R diagonal, touch L together and clap, Step L foot back to L diagonal, touch R together with L and clap hands.

VINE RIGHT, VINE LEFT ¼ TURN SCUFF
1,2,3,4
Step R to R side, step L behind R, step R to R side and touch L together.
5,6,7,8
Step L to L side, Step R behind L, ¼ turn L stepping forward onto L and scuff right forward (9 O’Clock)

ROCKING CHAIR, 2 ½ PIVOTS
1,2,3,4
Rock forward onto R foot, replace weight onto L, rock / step back onto R and forward onto L
5,6,7,8
Step R foot forward pivot ½ turn over L shoulder take weight onto R, repeat.

[32] COUNTS – RESTART DANCE

Tag: At the end of wall 10 facing 6 O’Clock Wall
Repeat the last 8 counts then restart the dance
1,2,3,4
Rock forward onto R foot, replace weight onto L, rock / step back onto R and forward onto L
5,6,7,8
Step R foot forward pivot ½ turn over L shoulder take weight onto R, repeat.

Ending: at the end of the dance add an extra ½ pivot to bring you to the front.

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