

Feel That Beat

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Alan Haywood (UK) - February 2008

Music: Get Into Reggae Cowboy - The Bellamy Brothers : (Album: The 25 Year Collection)



Intro: 72 counts (38 seconds) – start on vocals

Or Music: (Dance - I'm Over You) "You're No Good" by Lulu – Soul In Your Heart album - 106bpm

Section 1: Forward toe touches R&L&R, hold, making ¼ L toe touches &L&R& step L, hold

- 1&2 Touch right toe forward, step right next to left, touch left toe forward
- &3-4 Step left next to right, touch right toe forward, hold for one count
- &5&6&7 Whilst making ¼ turn left toe touches forward &left & right & step left forward
- 8 Hold for one count (9 o'clock)

Section 2: R kick ball step, 2 count full turn left, ¼ L rock and cross, L side shuffle

- 1&2 Kick right forward, step right next to left, step left forward
- 3-4 Pivot ½ turn left stepping back right, pivot ½ turn left stepping left forward

Easy option: Walk forward right left

- 5&6 Making ¼ turn left rock right to right side, recover weight onto left, cross step right over left
- 7&8 Step left to left side, close right next to left, step left to left side (6 o'clock)

Section 3: Cross rock R over, recover L, & L over & L behind, R side rock, recover L, ½ R sailor

- 1-2 Cross rock right over left, recover weight back onto left
- &3&4 Step right to right side, cross step left over right, step right to right side, cross step left behind right 5-6 Rock right to right side, recover weight onto left
- 7&8 Step right behind left, making ½ turn right step left to left side, step right to right side (12 o'clock)

Section 4: Cross rock L over, recover R, triple full turn L, hip bumps RLR & ½ L, hip bumps LRL

- 1-2 Cross rock left over right, recover weight back onto right
- 3&4 Triple full turn left on spot stepping left right left

Easy option for 3&4: left back coaster step

- 5&6 Hip bumps stepping right forward right left right
- &7&8 Making ½ turn left hip bumps stepping left forward left right left (6 o'clock)

END OF DANCE, NO TAGS OR RESTARTS – YIPPEEEEE!