

Feel That Beat,

Dance script courtesy of *Gifts 4 All*, the The online shopping and gift idea site

Choreographed by Alan Haywood (UK) (February 2008)

32 Count 2 wall intermediate

Intro 72 counts (38 seconds) start on vocals

Music: *Get Into Reggae Cowboy - The Bellamy Brothers: Greatest Hits, Vol. 1* by

The Bellamy Brothers The 25 Year Collection album 118bpm

Alternative Track (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 1/4 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 1/4 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, 1/4 L rock and cross, L side shuffle

1&2 Kick right forward, step right next to left, step left forward

3-4 Pivot 1/2 turn left stepping back right, pivot 1/2 turn left stepping left forward

Easy option: Walk forward right left

5&6 Making 1/4 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, 1/2 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 1/2 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 & 1/2 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 1/2 turn left hip bumps stepping left forward left right left (6 O clock)

END OF DANCE

NO TAGS OR RESTARTS – YIPPEEEEE!