

Dance To The Beat (Of Your Heart)

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Count: 32 **Wall:** 2 **Level:** Improver

Choreographer: Wanda Heldt - Perth WA - July 2020

Music: Break The Chain by Tena Clark and Tim Heintz

Movement to help women Break the Chain of Violence against them.

Alternate Music:- Boogie Shoes by Glee Cast / Billie Jean by M.Jackson

Split floor:- Do It Like This by Daphna Willis. / Das Vi Daniya / Funk It Out / Better When I'm Dancing.

**And for Christmas - Do They Know It's Christmas [Feed The World] by The Fire Tones]
See lyrics**

So'Dance to the beat of your Heart' Spread Joy, Love, Reach out to those in need. xx

I choreograph dances to be used as split floor as it's easy to pick up on the floor at socials. My main aim is always to keep my Beginners & Guests on the dance floor and never feel left out.

S1. WALK FORWARD R.L.R, KICK,WALK BACK, L.R. LEFT COASTER STEP

**1-4[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Walk forward, R.L.R. Left kick.
[Prissy walk if so wish] Walk back L.R.**

5-6[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step back on Left, Step Right next to Left, Step forward on Left.

7&8[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step back on Left Step Right next to Left, Step forward on Left

S2. RIGHT VINE, KICK, LEFT VINE, KICK or ROLLING VINE

1-2[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step Right to Right side, Step Left behind Right,

3-4[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step Right to Right side, Touch Left next to Right.

5-6[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step Left to Left side, Step Right behind Left,

7-8[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step Left to Left side, Touch Right next to Left.

S3. STEP RIGHT, STEP LEFT BEHIND, 1/4 TURN LEFT SHUFFLE FORWARD R.L.R or HOLD, LEFT FORWARD, 1/4 TURN RIGHT, CROSS SHUFFLE L.R.L or HOLD

1-2[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step Right to Right side, Step Left behind Right with a 1/4 turn Right [Wt.on L] [3:00]

3&4[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Shuffle forward R.L.R. or Hold.

5-6[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step forward on Left, turn a 1/4 Right recover [Wt. on R].

7&8[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Cross Left over Right, Step Right to Right, Cross Left over Right or Hold. [6:00]

S4. STEP RIGHT [push hip to R], TOUCH, STEP LEFT [push hip to L, TOUCH, STEP RIGHT [push hip to R, TOUCH, STEP LEFT [push hip to L, TOUCH

1-2[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step Right and push hip to Right side, Touch Left heel next to Right.

3-4[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step Left push hip out to Left side, Touch Right heel next to Left.

5-6[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step Right push hip out to Right side, Touch Left heel next to Right.

7-8[8M;KLN=M?][2020/07/24 01:04:48][23;50780338053]Step Left push hip to Left side, Touch Right toe next to Left.

Restart..... HAVE FUN IN LIFE & IN DANCE

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