

# FEEL THAT BEAT

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**Count:** 32                      **Wall:** 2                      **Level:** Intermediate

**Choreographer:** Alan Haywood (UK) (Feb 08)

**Music:** Get Into Reggae Cowboy by The Bellamy Brothers (Album: The 25 Year Collection) 118bpm

**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  $\frac{1}{4}$  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  $\frac{1}{4}$  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,  $\frac{1}{4}$  L rock and cross, L side shuffle**

- 1&2**            Kick right forward, step right next to left, step left forward
- 3-4**            Pivot  $\frac{1}{2}$  turn left stepping back right, pivot  $\frac{1}{2}$  turn left stepping left forward

**Easy option: Walk forward right left**

- 5&6**            Making  $\frac{1}{4}$  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,  $\frac{1}{2}$  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  $\frac{1}{2}$  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 &  $\frac{1}{2}$  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 ½ turn left hip bumps stepping left forward left right left (6 o'clock)

**END OF DANCE, NO TAGS OR RESTARTS - YIPPEEEE!**