

Tribal Heartbeat

Count: 64 **Wall:** 4 **Level:** Intermediate

Choreographer: Maggie Gallagher (March 2015)

Music: Heartbeat by Beckah Shae

Intro: 16 counts (8 secs)

S1: PRESS RECOVER, PRESS HITCH, R COASTER, WALK, DROP

- 1-2 On slight right diagonal press forward on right, Recover on left [1:30]
3-4 Press forward on right, Recover on left slightly hitching right
5&6 Step back on right, Step left next to right, Step forward on right
7-8 Walk forward left, Drop forward onto right bending right knee hitching left knee slightly up [1:30]

S2: L, ¼ L, CROSS, SWEEP, CROSS SIDE BEHIND SIDE, HEEL & TOUCH

- 1-2 left stepping forward left [9:00], ¼ left pointing right to right side [6:00]
3-4 Cross right over left, Ronde sweep left from back to front
5&6& Cross left over right, Step right to right side, Cross left behind right, Step right to right side
7&8 Tap left heel to left diagonal, Step left next to right, Touch right next to left [6:00]

S3: OUT R, L, R ROCK & CROSS, & R HEEL & CROSS, R KICK BALL CROSS

- 1-2 Step right out to right side, Step left out to left side
3&4 Rock right to right side, Recover on left, Cross right over left
&5&6 Step slightly back on left, Tap right heel to right diagonal, Step right next to left, Cross left over right [7:30]
7&8 Kick right forward, Step right next to left, Cross left over right [7.30]

S4: POINT & POINT & BACK, DRAG & TOUCH, HOLD & TOUCH & TOUCH

- 1&2& Point right across left, Step right next to left, Point left across right, Step left next to right [7.30]
3-4 Take big step back on right, Drag left to meet right
&5-6 Step left next to right, Touch right toe forward with right knee bent, HOLD
&7&8 Step right next to left, Touch left toe forward with left knee bent, Step on left, Touch right toe forward with right knee bent [7.30]

S5: TAP TAP HITCH, R COASTER, HITCH CROSS, HITCH CROSS, L LOCK STEP

- 1&2 Swivel right tapping right toe to right, Swivel ¼ right tapping right toe to right, Hitch right knee. [12:00]
3&4 Step back on right, Step left next to right, Step forward on right
&5&6 Hitch left knee across right, Cross left over right, Hitch right knee across left, Cross right over left
7&8 Step forward on left, Lock right behind left, Step forward on left

S6: POINT & POINT, SLIDE BALL TOUCH, POINT & POINT & POINT HITCH CROSS

- 1&2 Point right to right side, Step right next to left, Point left as far as possible to left side dipping down on right knee
- 3&4 Slide left toe in to meet right, Step left next to right, Touch right next to left
- 5&6 Point right to right side, Step right next to left, Point left to left side
- &7&8 Step left next to right, Point right to right side, Hitch right over left, Cross right over left

S7: PUSH BACK, SIDE, LOCK STEP FWD, STEP, ½ PIVOT, ¼ SIDE ROCK

- 1-2 Step back on left pushing bottom back, Step right to right side
- 3&4 Step forward on left, Lock right behind left, Step forward on left
- 5-6 Step forward on right, ½ pivot left [6:00]
- 7-8 ¼ left rocking right to right side, Recover on left [3:00]

S8: & SIDE ROCK & WALK R, WALK L, R LOCK STEP, L LOCK STEP, TOUCH

- &1-2 Step right next to left, Rock left to left side, Recover on right
- &3-4 Step left next to right, Walk right, Walk left
- 5&6 Step forward right angling body to right, Lock left behind right, Step forward right
- &7&8 Step forward left angling body to left, Lock right behind left, Step forward left, Touch right next to left [3:00]

ENDING: The dance ends on Wall 6 (starting facing 3:00) dance up to & including counts S6 5&6&7, then hitch right turning ¼ left (&) and stomp right forward (8) to end facing 12:00

THANK YOU TO JO & JULIE, SIDELINERS LDC FOR SUGGESTING THE MUSIC

Contact: www.maggieg.co.uk