



## FEEL THE BEAT

**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Chris Watson March 2017

**Music:** Feel The Beat by Ashleigh Dallas

**Album:** Lighthouse – Available on itunes.

Start on vocals, weight on left.

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### STOMP, HEEL BOUNCE X 3, ROCKING CHAIR

1,2,3,4      Stomp R foot forward , bounce heels 3 times taking weight onto R  
5,6,7,8      Rock forward onto L, rock weight back to center, Rock/step back onto L and rock weight to R

### WALK L,R,L, KICK R, DIAGONAL STEPS BACK

1,2,3,4      Walk forward L,R,L and kick R foot forward, while clapping hands  
5,6,7,8      Step R foot back to R diagonal, touch L together and clap, Step L foot back to L diagonal , touch R together with L and clap hands.

### VINE RIGHT, VINE LEFT ¼ TURN SCUFF

1,2,3,4      Step R to R side, step L behind R, step R to R side and touch L together.  
5,6,7,8      Step L to L side , Step R behind L, ¼ turn L stepping forward onto L and scuff right forward (9 O'Clock)

### ROCKING CHAIR, 2 ½ PIVOTS

1,2,3,4      Rock forward onto R foot, replace weight onto L, rock / step back onto R and forward onto L  
5,6,7,8      Step R foot forward pivot ½ turn over L shoulder take weight onto R , repeat.

### 32 COUNTS – RESTART DANCE

#### Tag: At the end of wall 10 Ofacing 6 O'Clock Wall

Repeat the last 8 counts then restart the dance

1,2,3,4      Rock forward onto R foot, replace weight onto L, rock / step back onto R and forward onto L  
5,6,7,8      Step R foot forward pivot ½ turn over L shoulder take weight onto R , repeat.

**Ending:** at the end of the dance add an extra ½ pivot to bring you to the front.

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