



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

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

S2: 3/8 L, 1/4 L, CROSS, SWEEP, CROSS SIDE BEHIND SIDE, HEEL & TOUCH

1-23/8 left stepping forward left [9:00], 1/4 left pointing right to right side [6:00]
3-4Cross right over left, Ronde sweep left from back to front
5&6Cross left over right, Step right to right side, Cross left behind right, Step right to right side
7&8Tap 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

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

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

1&2Point right across left, Step right next to left, Point left across right, Step left next to right [7.30]
3-4Take big step back on right, Drag left to meet right
&5-6Step left next to right, Touch right toe forward with right knee bent, HOLD
&7&8Step 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&2Swivel 1/8 right tapping right toe to right, Swivel 1/4 right tapping right toe to right, Hitch right knee. [12:00]
3&4Step back on right, Step left next to right, Step forward on right
&5&6Hitch left knee across right, Cross left over right, Hitch right knee across left, Cross right over left
7&8Step forward on left, Lock right behind left, Step forward on left

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

1&2Point right to right side, Step right next to left, Point left as far as possible to left side dipping down on right knee

3&4Slide left toe in to meet right, Step left next to right, Touch right next to left

5&6Point right to right side, Step right next to left, Point left to left side

&7&8Step 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

1-2Step back on left pushing bottom back, Step right to right side

3&4Step forward on left, Lock right behind left, Step forward on left

5-6Step forward on right, ½ pivot left [6:00]

7-8¼ 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

&1-2Step right next to left, Rock left to left side, Recover on right

&3-4Step left next to right, Walk right, Walk left

5&6Step forward right angling body to right, Lock left behind right, Step forward right

&7&8Step 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

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