

## Feel That Beat (aka I'm Over You)

32 count, 2 wall, intermediate level

Choreographer: Alan Haywood (UK) Feb 2008  
Choreographed to: Get Into Reggae Cowboy by  
Bellamy Brothers, 25 Year Collection (118 bpm);  
You're No Good by Lulu (106 bpm)

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72 counts (38 seconds)

### Section 1 Forward toe touches R&L&R, hold, making ¼ 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 ¼ 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, ¼ L rock and cross, L side shuffle

- 1&2 Kick right forward, step right next to left, step left forward  
3-4 Pivot ½ turn left stepping back right, pivot ½ turn left stepping left forward  
Easy option: Walk forward right left  
5&6 Making ¼ 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, ½ 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 left behind right  
5-6 Rock right to right side, recover weight onto left  
7&8 Step right behind left, making ½ 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 & ½ 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)

NO TAGS OR RESTARTS – YIPPEEEEE!

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Music download available from iTunes

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