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E-mail: admin@linedancermagazine.com

Feel The Beat

32 Count, 4 Wall, Beginner

Choreographer : Chris Watson - March 2017

Choreographed to: Feel The Beat by Ashleigh Dallas.

Album: Lighthouse

Start on vocals, weight on left.

S1 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

S2 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.

S3 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)

S4 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.