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	
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 T	AP 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

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 $\frac{1}{4}$ 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