

# Tribal Heartbeat

**Choreographer:** Maggie Gallagher (March 2015)

**Count:** 64 / **Wall:** 4 / **Level:** Intermediate

**Music:** Heartbeat by Beckah Shae

**Intro: 16 counts (8 secs)**

**S1: PRESS RECOVER, PRESS HITCH, R COASTER, WALK, DROP**

1-2 On slight right diagonal press forward on right, Recover on left [1:30]

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:  $\frac{3}{8}$  L,  $\frac{1}{4}$  L, CROSS, SWEEP, CROSS SIDE BEHIND SIDE, HEEL & TOUCH**

1-2  $\frac{3}{8}$  left stepping forward left [9:00],  $\frac{1}{4}$  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 TAP HITCH, R COASTER, HITCH CROSS, HITCH CROSS, L LOCK STEP**

1&2 Swivel  $\frac{1}{8}$  right tapping right toe to right, Swivel  $\frac{1}{4}$  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

**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,  $\frac{1}{2}$  PIVOT,  $\frac{1}{4}$  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,  $\frac{1}{2}$  pivot left [6:00]

7-8  $\frac{1}{4}$  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.maggiieg.co.uk](http://www.maggiieg.co.uk)