

# Tribal Heartbeat

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**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

- 1-2** 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.maggielco.uk](http://www.maggielco.uk)**

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