

# Urban Cowboy Line Dancing

Heard The Beat by José Miguel Belloque Vane (NL) & Jean-Pierre Madge (CH) - October 2024 32 Count 4 Wall Low  
Intermediate Dance

**Intro: 16 Counts, Start at approx 10 secs**

## **SEC 1 Back Sweep, Weave, Step $\frac{1}{4}$ Side Together, Cross, $\frac{1}{4}$ Step, $\frac{1}{2}$ Back Lock Sweep**

1 Step right back sweeping left from front to back

2&3 Step left behind right, step right to right, step left forward

4&5 Step right forward, turn  $\frac{1}{4}$  right step left to left, step right beside left (3:00)

### **Arms 5 Click fingers at head height**

6-7 Cross left over right, turn  $\frac{1}{4}$  right step right forward

8&1 Turn  $\frac{1}{4}$  right step left to left, turn  $\frac{1}{4}$  right lock right over left, step left back sweeping right from front to back (12:00)

## **SEC 2 Behind, Side, Cross Rock, $\frac{1}{4}$ Step, Step Full Spiral, Step, ? Jazzbox**

2& Step right behind left, step left to left

3-4 Cross rock right over left, recover weight onto left

&5 Turn  $\frac{1}{4}$  right step right forward, step left forward spiralling full turn right hooking right over left (3:00)

6 Step right forward

7& Turn  $\frac{1}{4}$  left cross left over right, turn ? left step right back

8& Turn  $\frac{1}{4}$  left step left to left, step right forward (7:30)

## **SEC 3 Rock, Ball Step, ? Diamond, Side Rock Cross**

1-2 Rock left forward, recover weight onto right

&3 Step left beside right, step right forward

4&5 Step left forward, turn ? left step right to right, step left back sweeping right from front to back (6:00)

6&7 Step right back, turn  $\frac{1}{4}$  left step left to left, cross right over left (3:00)

&8& Rock left to left, recover weight onto right, cross left over right

## **SEC 4 $\frac{1}{4}$ Step, $\frac{1}{4}$ Heels, $\frac{1}{4}$ Ball Step, $\frac{1}{4}$ Heels, $\frac{1}{4}$ Ball Step, $\frac{1}{4}$ Heels, Ball Point Out In Out, Hitch**

1-2 Turn  $\frac{1}{4}$  right step right forward, turn  $\frac{1}{4}$  left twist both heels to right (3:00)

&3-4 Step left beside right, turn  $\frac{1}{4}$  right step right forward, turn  $\frac{1}{4}$  left twist both heels to right (3:00)

&5-6 Step left beside right, turn  $\frac{1}{4}$  right step right forward, turn  $\frac{1}{4}$  left twist both heels to right (3:00)

**Note Keep body facing 3:00 on counts 1-6 only turn feet**

&7&8& Step left beside right, point right to right, touch right beside left, point right to right, hitch right knee

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