

# Feel The Beat

Count: 0

Wand: 4

Ebene: Improver

Choreograf/in: Little Lynne B (UK)

Musik: Stomp - Steps



Sequence: AAA B AAA B AA B

## PART A

### TOE STRUTS FORWARD X 4

- 1 Step right toe forward
- 2 Drop right heel taking weight
- 3 Step left toe forward
- 4 Drop left heel taking weight
- 5-8 Repeat counts 1-4

### WALKS BACK AND FORWARD

- 9 Walk back right
- 10 Walk back left
- 11 Walk back right
- 12 Dig left heel forward
- 13 Walk forward left
- 14 Walk forward right
- 15 Walk forward left
- 16 Stomp right

### STEP AND STOMPS X 4

- 17 Step right to right side
- 18 Stomp left beside right
- 19 Step left to left side
- 20 Stomp right beside left
- 21 Step forward right
- 22 Stomp left beside right
- 23 Step left back
- 24 Stomp right beside left, keeping weight on left

### CROSS ROCK, ¼ TURN, ROCKS FORWARD & BACK, HALF TURN & TOUCH

- 25 Cross rock right over left
- 26 Step back on left
- 27 Step onto right making ¼ turn right
- & Step back on left making ¼ turn right
- 28 Step forward right making ¼ turn right
- 29 Rock forward on left
- 30 Step back on right
- 31 Pivot ½ turn left putting weight on left
- 32 Touch right toe beside left

## PART A TAG

Add 4 extra counts to the end of the 8th and last repeat of Part A as follows:

- 1 Rock forward right
- 2 Step back left
- 3 Step on to right making ½ turn right

4 Step together

## **PART B**

### **SIDE STEPS & CLAPS, STOMPS & CLAPS**

- 1 Hold
- 2 Hold (optional - hold hands at shoulder height palms facing upwards)
- 3 Step right to right side (on the word 'body')
- 4 Step left beside right
- 5 Step right to right side
- & Touch left beside right with clap
- 6 Hold & clap
- 7 Step left to left side
- 8 Step right beside left
- 9 Step left to left side
- & Touch right beside left with clap
- 10 Hold & clap
- 11 Walk right
- 12 Walk left
- 13 Stomp right
- 14 Stomp left
- 15 Stomp right
- & Hold & clap
- 16 Hold & clap

### **SIDE STEPS & CLAPS**

- 17 Step right to right side
- 18 Step left beside right
- 19 Step right to right side
- & Touch left toe beside right & clap
- 20 Hold & clap
- 21 Step left to left side
- 22 Step right beside left
- 23 Step left to left side
- & Touch right toe beside left & clap
- 24 Hold & clap

### **WALK, SWIVELS & STOMPS**

- 25 Step right forward
  - 26 Step left beside right
  - 27 Swivel heels right
  - 28 Swivel heels left
- Counts 27 & 28 may be replaced by applejacks**
- 29 Stomp right
  - 30 Stomp left
  - 31 Stomp right
  - & Hold & clap
  - 32 Clap
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