

# Feel That Beat

**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Alan Haywood (UK) - February 2008

**Music:** Get Into Reggae Cowboy - The Bellamy Brothers : (Album: The 25 Year Collection)



**Intro: 72 counts (38 seconds) – start on vocals**

**Or Music: (Dance - I'm Over You) "You're No Good" by Lulu – Soul In Your Heart album - 106bpm**

**Section 1: Forward toe touches R&L&R, hold, making ¼ L toe touches &L&R& step L, hold**

1&2 Touch right toe forward, step right next to left, touch left toe forward  
&3-4 Step left next to right, touch right toe forward, hold for one count  
&5&6&7 Whilst making ¼ turn left toe touches forward &left & right & step left forward  
8 Hold for one count (9 o'clock)

**Section 2: R kick ball step, 2 count full turn left, ¼ L rock and cross, L side shuffle**

1&2 Kick right forward, step right next to left, step left forward  
3-4 Pivot ½ turn left stepping back right, pivot ½ turn left stepping left forward

**Easy option: Walk forward right left**

5&6 Making ¼ turn left rock right to right side, recover weight onto left, cross step right over left  
7&8 Step left to left side, close right next to left, step left to left side (6 o'clock)

**Section 3: Cross rock R over, recover L, & L over & L behind, R side rock, recover L, ½ R sailor**

1-2 Cross rock right over left, recover weight back onto left  
&3&4 Step right to right side, cross step left over right, step right to right side, cross step left behind right 5-6 Rock right to right side, recover weight onto left  
7&8 Step right behind left, making ½ turn right step left to left side, step right to right side (12 o'clock)

**Section 4: Cross rock L over, recover R, triple full turn L, hip bumps RLR & ½ L, hip bumps LRL**

1-2 Cross rock left over right, recover weight back onto right  
3&4 Triple full turn left on spot stepping left right left

**Easy option for 3&4: left back coaster step**

5&6 Hip bumps stepping right forward right left right  
&7&8 Making ½ turn left hip bumps stepping left forward left right left (6 o'clock)

**END OF DANCE, NO TAGS OR RESTARTS – YIPPEEEEE!**