

# Tribal Heartbeat



**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**

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