



DANCE TO THE BEAT [OF YOUR HEART]

Choreographed by **Wanda Heldt - Perth WA - August 2018**

Description: 32 Count - 2 Wall - Beginner dance

Music: **Boogie Shoes** by Glee Cast / **Do It Like This** by Daphna Willis.

For Christmas - **Do They Know It's Christmas** [Feed The World] by The Fire Tones]

See lyrics

So 'Dance to the beat of your Heart' Spread Joy, Love, Reach out to those in need. xx

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Beginners never Left out... Split floor with
Billie Jean / Das Vi Daniya / Funk It Out / Better When I'm Dancing.

*I choreograph dances to be used as split floor as it's easy to pick up on the floor at socials.
My main aim is to keep my Beginners & Guests on the dance floor - All about having FUN.*

- 1. WALK FORWARD R.L.R, KICK,
WALK BACK, L.R. LEFT COASTER STEP**
1-4 Walk forward, R.L.R. Left kick. [*Prissy walk if so wish*]
5-6 Walk back L.R.
7&8 Step back on Left, Step Right next to Left, Step forward on Left.
Option: 5-8 Walk back, R.L.R. Touch - instead of Coaster
- 2. RIGHT VINE, KICK, LEFT VINE, KICK or ROLLING VINE**
1-2 Step Right to Right side, Step Left behind Right,
3-4 Step Right to Right side, Left kick across Right.
5-6 Step Left to Left side, Step Right behind Left, Champagne
7-8 Step Left to Left side, Right kick across Left.
- 3. STEP RIGHT, STEP LEFT BEHIND,
1/4 TURN LEFT SHUFFLE FORWARD R.L.R
LEFT FORWARD, 1/4 TURN RIGHT, CROSS SHUFFLE L.R.L**
1-2 Step Right to Right side, Step Left behind Right with a 1/4 turn Right learn back
and do a slight kick [**3:00**]
3&4 Shuffle forward R.L.R. or Hold
5-6 Step forward on Left, Turn 1/4 Right recover Wt. on Right.
7&8 Cross Left over Right, Step Right to Right, Cross Left over Right or Hold. [**6:00**]
- 4. STEP RIGHT [push hip to R], TOUCH, STEP LEFT [push hip to L, TOUCH
STEP RIGHT [push hip to R, TOUCH, STEP LEFT [push hip to L, TOUCH**
1-2 Step Right and push hip to Right side, Touch Left toe next to Right.
3-4 Step Left push hip out to Left side, Touch Right toe next to Left.
5-6 Step Right push hip out to Right side, Touch Left toe next to Right.
7-8 Step Left push hip to Left side, Touch Right toe next to Left.

Restart..... **HAVE FUN IN LIFE & IN DANCE**

See Lyrics next page.....

It's Christmas time, and there's no need to be afraid

At Christmas time, we let in light and banish shade
And in our world of plenty, we can spread a smile of joy

Throw your arms around the world
At Christmas time

But say a prayer and pray for the other ones
At Christmas time, it's hard but while you're having fun
There's a world outside your window, and it's a world of dread and fear
Where a kiss of love can kill you, and there's death in every tear
And the Christmas bells that ring there are the clanging chimes of doom

Well tonight we're reaching out and touching you

Bring peace and joy this Christmas to West Africa
A song of hope they'll have is being alive
Why is comfort deadly fear
Why is to touch to be scared
How can they know it's Christmas time at all

Here's to you
Raise a glass to everyone
Here's to them
And all their years to come

Can they know it's Christmas time at all

Feed the world, let them know it's Christmas time again
Feed the world, let them know it's Christmas time again
Heal the world, let them know it's Christmas time again
Feed the world, let them know it's Christmas time again
Heal the world, let them know it's Christmas time again
Heal the world, let them know it's Christmas time again
Feed the world, let them know it's Christmas time again
Heal the world, let them know it's Christmas time again
Heal the world

Songwriters: Bob Geldof / Midge Ure