

## DANCE TO THE BEAT (*OF YOUR HEART*)

Choreographed by **Wanda Heldt - Perth WA - July 2020**

Description: 32 Count - 2 Wall - Improve Beginner dance

Music: **Break The Chain** by Tena Clark and Tim Heintz

- Movement to help women Break the Chain of Violence against them.

Alternate Music:- **Boogie Shoes** by Glee Cast / **Billie Jean** by M.Jackson

Email: [silverstarwa@gmail.com](mailto:silverstarwa@gmail.com) - 0403 536 163

*Split floor:- Do It Like This by Daphna Willis. / Das Vi Daniya / Funk It Out / Better When I'm Dancing.*

**And 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*

*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 always to keep my Beginners & Guests on the dance floor and never feel left out.*

- 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*] Walk back L.R.  
5-6 Step back on Left, Step Right next to Left, Step forward on Left.  
7&8 Step back on Left Step Right next to Left, Step forward on Left
  
- 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, Touch Left next to Right.  
5-6 Step Left to Left side, Step Right behind Left,  
7-8 Step Left to Left side, Touch Right next to Left.
  
- 3. STEP RIGHT, STEP LEFT BEHIND,  
1/4 TURN LEFT SHUFFLE FORWARD R.L.R or HOLD  
LEFT FORWARD, 1/4 TURN RIGHT, CROSS SHUFFLE L.R.L or HOLD**  
1-2 Step Right to Right side, Step Left behind Right with a 1/4 turn Right [Wt.on L] [**3:00**]  
3&4 Shuffle forward R.L.R. or Hold.  
5-6 Step forward on Left, turn a 1/4 Right recover [Wt. on R].  
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 heel next to Right.  
3-4 Step Left push hip out to Left side, Touch Right heel next to Left.  
5-6 Step Right push hip out to Right side, Touch Left heel 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**

**LYRICS.. 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 Feed the world, let them know it's Christmas Heal the world, let  
them know it's Christmas Feed the world, let them know it's Christmas Heal the world, let them know it's  
Christmas Heal the world, let them know it's Christmas Feed the world, let them know it's Christmas Heal  
the world, let them know it's Christmas Heal the world

Songwriters: Bob Geldof / Midge Ure

time again time again time again time again time again time again time again time again