

The Beat

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Paul J Bennett (UK)

Musik: Ooh That Beat - The Balham Alligators



RIGHT HEEL HOOK, ¼ TURN LEFT, LEFT KICK REPLACE, RIGHT CROSS TOE STRUT

- 1-2 Touch right heel forward, hook right foot in front of left leg
- 3-4 Touch right heel forward, making ¼ turn left, step right next to left
- 5-6 Kick left foot forward, step left back in place
- 7-8 Cross touch right toe over in front of left, step right foot down

LEFT SIDE ROCK, LEFT CROSS TOE STRUT, RIGHT SIDE TOE STRUT, LEFT BEHIND ROCK STEP

- 9-10 Step left foot to left side, rock weight onto right foot
- 11-12 Cross touch left toe over in front of right, step left foot down
- 13-14 Touch right toe to right side, step right foot down
- 15-16 Step left behind right and rock weight back onto right foot

LEFT SIDE TOE STRUT, CROSS RIGHT BEHIND UNWIND-½ TURN, 2 HEEL STRUTS

- 17-18 Touch left toe to left side, step left foot down
- 19-20 Cross right behind left, unwind ½ turn right, leaving weight on left foot
- 21-24 Forward right heel strut, left heel strut

2 HEEL STRUTS, RIGHT JAZZ BOX

- 25-28 Forward right heel strut, left heel strut
- 29-32 Step right over left, step back left, step right to side, step left next to right

REPEAT
