

# Hear The Beat

**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Sandra Speck (UK) - June 2008

**Music:** Clap Your Hands (feat. Jessica Darling) - The Herbaliser : (CD: Same As It Never Was)



**START: 64 counts intro, start on vocals.**

## **(1-8) Right Mambo Forward, Triple $\frac{3}{4}$ Turn Left**

- 1-3 Rock forward onto right foot, rock back onto left, Step back on right foot
- 4 Hold for one count
- 5-7 Triple  $\frac{3}{4}$  left on left, right, left
- 8 Hold for one count

## **(9-16) Hips X 3, Rocking Chair**

- 1-3 Small step forward on right foot, push hips onto right, left right
- 4 Hold for one count
- 5-6 Rock forward onto left foot, rock back onto right foot
- 7-8 Rock back onto left foot, recover onto right foot

## **(17-24) Left Lock Step, Sweep, Cross Back Back, Hold**

- 1-3 Step forward on left, lock right behind left, step forward on left
- 4-5 Sweep right foot out from back to front, cross right foot in front of left
- 6,7 Step back on left foot, step back on right foot
- 8 Hold for one count

## **(25-32) Cross Back Turn $\frac{1}{4}$ Point, Monteray $\frac{1}{2}$ Point, Bend, Push Hip Left**

- 1-2 Cross left in front of right, step back on right foot
- 3-4 Turn  $\frac{1}{4}$  left stepping left foot to side, point right to right side
- 5-6 Close right next to left making  $\frac{1}{2}$  turn right, point left to left side
- 7-8 Bend knees slightly, push left hip to left (taking weight onto left foot)

**REPEAT FROM HERE ON WALLS 5 & 7**

## **(33-40) Side Touch X 4 With Clicks**

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, touch right next to left
- 5-6 Step right to right side, touch left next to right
- 7-8 Step left to left side, touch right next to left

## **(41-48) Side Behind Side Heel, Side Behind Turn $\frac{1}{2}$ Step**

- 1-2 Step right to right side, step left behind right
- 3-4 Step right to right side, touch left heel forward
- 5-6 Step left to left side, cross right behind left
- 7-8 Make  $\frac{1}{2}$  turn right, weight onto right, step left foot next to right

## **(49-56) Side Touch X 4 With Clicks**

- 1-8 Repeat counts 33-40

## **(57-64) Side Behind Side Heel, Side Behind Turn $\frac{1}{2}$ Step**

- 1-8 Repeat counts 41-48

**Choreographers note:**

**On wall 2 counts 33-40 & 49-56 clap your hands instead of click**

On wall 4 counts 33-40 & 49-56 shimmy instead of click  
On walls 5 & 7 omit counts 1-32 & repeat counts 33-64 twice with claps

Have Fun!

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