

Dancing Beat

拍数: 112 墙数: 2 级数: Phrased Intermediate / Advanced
编舞者: Jo Kinser (UK), Hayley Wheatley (UK), Chloé Ourties (FR) & Jef Camps (BEL) -
March 2022
音乐: Dancing Feet (feat. DNCE) - Kygo



Intro 16c. from first beat Sequence: A – B – A – B – B – B

PART A: 48c

Section 1 Step Fwd, Sweep Into ½ Turn, Together, Walks R-L, Mambo Fwd, Point Back

1-2 RF step forward, sweep LF forward and make ½ turn R on RF 6:00
3-4-5 LF step next to RF, RF step forward, LF step forward
6&7-8 RF rock forward, recover on LF, RF step back, LF point back

Section 2 Reverse ½ Pivot, Hold, Step Fwd, Full Turn, Body Roll

1-2 Make ½ turn L on RF, hold 12:00
3-4 LF step forward, ½ turn L & RF step back 6:00
5-6 ½ turn L & LF step forward and make bodyroll forward rolling back 12:00
7-8 Recover on RF, LF step back

Section 3 Rock Back/Recover, Side, Rock Back/Recover, ¼ Side, ¼ Back Rock/Recover, Side, Back Mambo

1&2 RF rock back, recover on LF, RF step side
3&4 LF rock back, recover on RF, ¼ turn R & LF step side 3:00
5&6 ¼ turn R & RF rock back, recover on LF, RF step side 6:00
7&8 LF rock back, recover on RF, LF step forward

Section 4 ½ Turn Into Slide, Drag, Cross, Side, Cross, Side, 1/8, Together, Walk R-L

&1-2 Make ½ turn R on LF, RF big step side & drag LF slowly towards RF 12:00
3-4 LF cross over RF, RF step side
5&6 LF cross over RF, RF step side, 1/8 turn L & LF close next to RF 10:30
7-8 RF step forward, LF step forward

Section 5: 1/8 Side Rock/Recover, Ball, Side Rock/Recover, Ball, Fwd Rock, Recover, Full Turn

1-2& RF rock side, recover on LF, RF close on ball next to LF 9:00
3-4& LF rock side, recover on RF, LF close on ball next to RF
5-6 RF rock forward, recover on LF
7-8 ½ turn R & RF step forward, ½ turn R & LF step back 9:00

Section 6 Coaster Step, Step Fwd, ¼ Pivot, Step Fwd, ½ Click-Clack, Back Rock & Pop, Recover

1&2 RF step back, LF close next to RF, RF step forward
3-4 LF step forward, make ¼ turn R putting weight on RF 12:00
5&6 LF step forward, make ¼ turn R twisting R-heel in, make ¼ turn R twisting L heel out 6:00
7-8 RF rock back & pop L-knee up (option: hitch) , LF recover (or step down after hitch)

PART B: 64

- First time starting facing 6:00

Section 1 Skates, Diagonal Shuffle, Diagonal Kick, Side, Touch Behind, Toe Strut/Snaps 6:00

1-2 Skate RF diagonally R forward, skate LF diagonally L forward
3&4 RF step into R diagonal, LF close next to RF, RF step into R diagonal
5&6 Kick LF diagonally L forward, LF step side, RF touch behind LF
7 RF touch toes R side & RH snap high above shoulder level
8 drop R-heel down & swing RH anticlockwise into low snap R-side (look over R shoulder)

Optional: bump R hip up on count 7, bump R hip low on count 8

Section 2 Rolling Vine, Point, Full Turn, Out-Out, Step Back, Cross

- 1-2 ¼ turn L & LF step forward, ½ turn L & RF step back 9:00
3-4 ¼ turn L & LF step side, RF point side & clap hands 6:00
5-6 ¼ turn R & RF step forward, ½ turn R & LF step back 3:00
7&8& ½ turn R & step forward & out on R-heel, step out on L-heel, RF step back, LF cross over RF 9:00

Section 3 Side, Heel Taps & Bring Hand Up, Behind, ¼ Fwd, Step Fwd, Mambo Fwd, Close

- 1&2 RF step side, lift R-heel, RF bring heel down
&3&4 Lift R-heel, RF bring heel down, lift R-heel, RF bring heel down (weight stays on LF)
Styling: on count 1 bring R hand out & sideways on hip level (palms facing forward) & turn head ¼ turn R (body stays towards 9:00) – bring R-hand sideways up over 3 counts
5&6 RF cross behind LF, ¼ turn L & LF step forward, RF step forward 6:00
7&8 LF rock forward, recover on RF, LF close next to RF

Section 4 Mambo Fwd, Walks Back, Coaster Step, Hitch, Slide

- 1&2 RF rock forward, recover on LF, RF step back
3-4 LF step back, RF step back
Styling: while walking on counts 2-3-4 you can twist toes of opposite foot out
5-6 LF step back, RF close next to LF, LF step forward
7-8 Hitch R-knee, RF big step side

Section 5 Sailor Step, Heel Swivels, Behind-Side-Cross, ¾ Bounce Turn

- 1&2 LF cross behind RF, RF step side, LF step side
&3 RF lift heel & twist heel inside, bring heel back in place
&4 LF lift heel & twist heel inside, bring heel back in place (weight ends on LF)
5&6 RF cross behind LF, LF step side, RF cross over LF
&7&8 Making ¾ turn L bouncing both heels twice 9:00

Section 6 Diagonal Dorothy Step, Diagonal Step-Lock-Step, Cross, 1/8 Back, 1/8 Chasse

- 1-2& RF step diagonally R-forward, LF lock behind RF, RF step diagonally R-forward
3&4 LF step diagonally L-forward, RF lock behind LF, LF step diagonally L-forward
5-6 RF cross over LF, 1/8 turn R & LF step back 10:30
7&8 1/8 turn R & RF step side, LF close next to RF, RF step side 12:00

Section 7 Cross Mambo Into Rolling Vine, Kick-Ball-Press, Kick-Ball-Press

- 1&2 LF rock across RF, recover on RF, ¼ turn L & LF step forward 9:00
3-4 ½ Turn L & RF step back, ¼ turn L & LF step side 12:00
5&6 RF kick forward, RF close on ball next to LF, LF press side (slightly bend through R-knee)
7&8 LF kick forward, LF close on ball next to RF, RF press side (slightly bend through L-knee)

Section 8 Hitch Into Reverse ½ Turn, Side, Cross Samba, Cross, ½ Hinge, Together

- 1-2 Make ½ turn R on LF while hitching R, RF step side 6:00
3&4 LF cross over RF, RF step side, LF step slightly diagonally L-forward
5-6 RF cross over LF, ¼ turn R & LF step back 9:00
7-8 ¼ turn R & RF step side, LF close next to RF 12:00

Jo, Hayley, Chloë & Jeffke
