

# The Beast

拍数: 64      墙数: 4      级数: Advanced  
编舞者: Rob Fowler (ES)  
音乐: Somethin' in the Water - The Cheap Seats



## STREET WISE RUNNING MAN STEPS

- 1            Jump feet shoulder width apart at diagonals (right foot forward, left foot back)
- &            Jump feet together hitching left knee
- 2            Jump feet shoulder width apart at diagonals (left foot forward, right foot back)
- &            Jump feet together hitching right knee
- 3            Jump feet apart
- &            Jump feet together (both feet on the floor)
- 4            Jump feet apart
- &            Jump feet together hitching left knee
- 5            Jump feet shoulder width apart at diagonals (left foot forward, right foot back)
- &            Jump feet together hitching right knee
- 6            Jump feet shoulder width apart at diagonals (right foot forward, left foot back)
- 7            Jump feet apart
- &            Jump feet together
- 8            Jump feet apart
- &            Jump feet together (weight on left foot)

## KICK-BALL-CHANGE, KICK, TOUCH, TURN, BODY ROLL

- 9            Kick right foot forward
- &            Step in place with right foot
- 10           Step in place with left foot
- 11           Kick right foot forward
- 12           Touch right toe back
- 13           Turn  $\frac{1}{2}$  to the right on balls of both feet
- 14-15        Body roll up
- 16           Touch left next to right

## LEFT VINE WITH $\frac{1}{4}$ TURN, JUMPS, KICK-BALL-CHANGE, HIPS, JUMP BACK

- 17           Step left foot to left side
- 18           Cross right foot behind left foot
- 19           Step left foot to left side making a  $\frac{1}{4}$  turn left
- &            Jump forward on both feet
- 20           Jump forward on both feet
- 21           Kick right foot forward
- &            Step in place with right foot
- 22           Step in place with left foot
- 23           Push hips forward
- &            Jump back on both feet
- 24           Jump back with both feet

## SNAKE ROLLS (LEFT, RIGHT), BACK-STOMP, LOOK, HEEL TAPS WITH $\frac{1}{4}$ TURN

- 25-26        Snake roll to left side
- 27-28        Snake roll to right side
- &            Step back on left foot
- 29            Step right foot forward
- 30            Look over left shoulder (face  $\frac{1}{4}$  left do not turn yet)

- 31 Tap heels (raise off the ground and drop)
- & Tap heels make 1/8 turn to the left
- 32 Tap heels make 1/8 turn to the left (these two steps bring your body round to face same way as head)

**HITCH, SLIDE, HITCH, SLIDE, TOUCH, SWEEP, TURN, HIPS**

- 33 Hitch right knee across left leg
- & Step right foot out to right side
- 34 Slide left foot up to meet right (weight ends on left)
- 35 Hitch right knee across left leg
- & Step right foot out to right side
- 36 Slide left foot up to meet right (weight ends on left)
- 37 Point right toe forward
- &38 Sweep foot round behind left
- 39 Unwind ½ turn to the right
- & Push hips left
- 40 Push hips right

**HITCH, SLIDE, HITCH, SLIDE, TOUCH, SWEEP, TURN, HIPS**

- 41 Hitch left knee across right leg
- & Step left foot out to left side
- 42 Slide right foot up to meet left (weight ends on right)
- 43 Hitch left knee across right leg
- & Step left foot out to left side
- 44 Slide right foot up to meet left (weight ends on right)
- 45 Point left toe forward
- &46 Sweep foot round behind right
- 47 Unwind ½ turn to the left
- & Push hips right
- 48 Push hips left

**ROCK STEPS, TURN, TRAVELING PIGEON TOES**

- 49 Rock forward on right foot
- & Rock weight back to left foot
- 50 Rock back on right foot
- & Rock weight back onto left foot
- 51 Step right together making ¼ to the left
- & Swivel heels to the right
- 52 Swivel heels to center
- 53 Swivel left toe to left, swivel right heels to left
- 54 Swivel left heels to left, swivel right toes to left
- 55 Swivel left toe to left, swivel right heels to left
- & Swivel left heels to left, swivel right toes to left
- 56 Swivel left toes to left, swivel right heels to left

**JUMPING JACKS, PADDLE TURNS**

- 57 Jump feet shoulder width apart
- & Jump feet together
- 58 Jump feet shoulder width apart
- & Jump feet together making a ½ to the left
- 59 Jump feet shoulder width apart
- & Jump feet together
- 60 Jump feet shoulder width apart
- & Jump feet together, hitching right knee

61 Push right toe out to right side making 1/8 turn left  
& Hitch right knee  
62 Push right toe out to right side making 1/8 turn left  
& Hitch right knee  
63 Push right toe out to right side making 1/8 turn left  
& Hitch right knee  
64 Push right toe out to right side making 1/8 turn left

**REPEAT**

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