

# The Beat

拍数: 32      墙数: 4      级数: Improver  
编舞者: Paul J Bennett (UK)  
音乐: Ooh That Beat - The Balham Alligators



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## 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**

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