

The Beat

拍数: 32 墙数: 2 级数: Beginner
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: Drop the Pressure (Radio Edit) - Mylo



DIAGONAL WALKS, KICK, DIAGONAL WALKS BACK

1-3 Traveling on the left diagonal walk forward stepping right, left, right
4 Kick left forward and click fingers at shoulder height
5-8 Traveling diagonally back right walk back stepping left, right, left, right

DIAGONAL WALKS, KICK, DIAGONAL WALKS BACK

9-11 Traveling on the right diagonal walk forward stepping left, right, left
12 Kick right forward and click fingers at shoulder height
13-16 Traveling diagonally back left walk back stepping right, left, right, left

ROCKING CHAIR, STEP, POINT, STEP, POINT

17-18 Rock right forward, recover onto left
19-20 Rock right back, recover onto left
21-22 Step right forward, point left to left
23-24 Step left forward, point right to right

¼ PIVOT, ¼ PIVOT, STEP, SCUFF, SHUFFLE

25-26 Step right forward, pivot ¼ turn left
27-28 Repeat counts 25-26
29-30& Step right forward, scuff left forward
31&32 Shuffle on the spot stepping left, right, left

For a Latin feel add hip sways on the rocking chair and the ¼ pivots

REPEAT
