

# 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



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## 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**

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