

# The Beat

拍数: 64                      墙数: 2                      级数: Improver  
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音乐: Cowboy Beat - The Bellamy Brothers



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## FORWARD, BACK, TURN, STEP, HOLD, FORWARD, BACK, TURN, STEP, HOLD

1-2-3-4              Rock/ step right forward, recover onto left turning  $\frac{1}{2}$  right, step right forward, hold  
5-6-7-8              Rock/ step left forward, recover onto right turning  $\frac{1}{2}$  left, step left forward, hold (12:00)

## ROCKING CHAIR, TURN, TURN, FORWARD, HOLD

1-2-3-4              Rock right forward, rock/step back onto left, rock back onto right, rock/step forward on left  
5-6-7-8              Step right back into  $\frac{1}{4}$  left, turn  $\frac{1}{4}$  left stepping left to side, step right forward, hold (6:00)

## FORWARD, BACK, TURN, STEP, FORWARD, BACK, TURN, STEP, HOLD

1-2-3-4              Rock/ step left forward, recover onto right turning  $\frac{1}{2}$  left, step left forward, hold  
5-6-7-8              Rock/ step right forward, recover onto left turning  $\frac{1}{2}$  right, step right forward, hold

## ROCKING CHAIR, TURN, TURN, FORWARD, HOLD

1-2-3-4              Rock left forward, rock/step back on right, rock back onto left, rock/step forward on right  
5-6-7-8              Step left back into  $\frac{1}{4}$  right, turn  $\frac{1}{4}$  right stepping right to side, step left over right, hold (12:00)

## VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-2-3-4              Step right to right, step left behind right, step right to right, touch left beside right & clap  
5-6-7-8              Step left to left, step right behind left, step left to left, touch right beside left & clap

## HEEL STRUTS WITH CLAPS TURNING $\frac{1}{2}$ LEFT

1-2-3-4              Step right heel forward, step down on right foot, turning  $\frac{1}{4}$  left step left heel forward, step down on left foot  
5-6-7-8              Repeat last 4 counts (6:00)

## HIP BUMPS, SWAYS

1-2-3-4              Step right forward pushing hips right, right, push hips back left, left  
5-6-7-8              Hip sways: forward, back, forward, back (right left right left)

## FORWARD TOUCH, BACK TOUCH

1-2-3-4              Right forward touch left beside right, left forward touch right beside left  
5-6-7-8              Right back touch left beside right, left back touch right beside left

## REPEAT

## RESTART

Restart on walls 2 & 4 after heel struts

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