Beating Like A Drum



编舞者: Rebecca Armstrong (SCO) - June 2008

音乐: Feels Like I'm In Love - Kelly Marie: (CD: Best Disco Album In The World)



(1-8) LEFT SIDE SHUFFLE, ROCK, RECOVER, RIGHT SIDE SHUFFLE, ROCK RECOVER

1&2 step L to L side, step R beside L, step L to L side

3-4 rock R behind L, recover on to L

step R to R side, step L beside R, step R to R side

7-8 rock L behind R, recover on to R

(9-16) FWD LEFT SHUFFLE, ROCK RECOVER, SHUFFLE ½, ROCK RECOVER

1&2 step fwd on L, step R beside L, step fwd on L

3-4 rock fwd on R, recover back on to L

step back on to R making ¼ turn R, step L beside R, step R to R side making ¼ turn R

7-8 rock fwd on L, recover back on to R

(17-24) TOE STRUTS X 4

1-2	step back on to L toe, put weight on to heel
3-4	step back on to R toe, put weight on to heel
5-6	step back on to L toe, put weight on to heel
7-8	step back on to R toe, but weight on to heel

(25-32) HIP BUMPS X 4

1&2	bump hips to L, bump hips to R, bump hips to L
3&4	bump hips to R, bump hips to L, bump hips to R
5&6	bump hips to L, bump hips to R, bump hips to L
7&8	bump hips to R, bump hips to L, bump hips to R