

Beat Again

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) - July 2009
音乐: Beat Again - JLS : (On CD Single)



Start after 16 count intro on main vocals.

Walk x 2 On R Diagonal, Kick Ball Cross, Side Rock R With 1/4 Turn L, Shuffle.

1 2 Facing front R diagonal, walk forward on R, L.
3 & 4 Still on the diagonal kick R forward. Step down on ball of R. Cross step L over R.
5 6 Facing front wall side rock R on R. Recover on to L making 1/4 turn L. (9 o'clock)
7 & 8 Step forward on R. Step L next to R. Step forward on R.

Walk x 2 On L Diagonal, Kick Ball Cross, Side Rock R With 1/4 Turn R, Shuffle.

1 2 Facing L diagonal (7:30) walk forward on L, R.
3 & 4 Still on the diagonal kick L forward. Step down on ball of L. Cross step R over L.
5 6 Facing 9 O'clock wall, side rock L on L. Recover on to R making 1/4 turn R. (12 o'clock)
7 & 8 Step forward on L. Step R next to L. Step forward on L.

Rock Forward, Sailor Step x 2, Sailor Step With 1/4 Turn R

1 2 Rock forward on to R, Recover on to L.
3 & 4 Cross step R behind L. Step L to L side. Step R to R side.
5 & 6 Cross step L behind R. Step R to R side. Step L to L side.
7 & 8 Cross step R behind L. Turn 1/4 R stepping small step L. Step forward on R.

Step, Scuff Ball Step, Tap, Long Step Back, Coaster Step, Step.

1 2 & 3 Step forward on L. Scuff R forward. Step down on ball of R. Step forward on L.
4 5 Tap R toe behind and across L. Take a big step back on R dragging L in towards R.
6 & 7 Step back on L. Step R next to L. Step forward on L.
8 Step forward on R. (* 2nd restart on wall 5. Replace count 8 with a scuff into the R diagonal.)

Jazz Box 1/4 Turn L, Cross Step, Chasse L, Cross Rock Behind.

1 2 3 4 Cross step L over R. Turn 1/4 L stepping back on R. Step L to L side. Cross step R over L.
(12 o'clock)
5 & 6 Step L to L side. Step R next to L. Step L to L side.
7 8 Cross rock on R behind L. Recover on to L.

Turn 1/2 L on R, L, Cross Shuffle, Scuff, Cross Step, Back Rock pushing Hips Back, Recover.

1 2 Turn 1/4 L stepping back on R. Turn 1/4 L stepping L to L side.
3 & 4 Cross step R over L. Step L to L side. Cross step R over L.
5 6 Scuff L out to L side. Cross step L over R.
7 8 Rock back on R pushing hips back, & rolling back on to L heel. Recover. * Restart from here
on wall 2

Chasse R, L Touch Back, Turn 1/2 L, Rock Forward, Recover, Turn 1/2 R, Turn 1/2 R Stepping Back.

1 & 2 Step R to R side. Step L next to R. Step R to R side.
3 4 Touch L toe back behind. Turn 1/2 L transferring weight to L.
5 6 Rock forward on R. Recover back on to L.
7 8 Turn 1/2 R stepping forward on R. Turn 1/2 R stepping back on L.

Step, Cross Step, Turn 1/4 L With Back Rock Pushing Hips Back, Recover, Step Pivot 1/8 L, Full Turn.

1 2 Step forward on R. Cross step L over R.
3 4 Turn 1/4 L rocking back on R pushing the hips back & rolling back on to L heel. Recover.

5 6 Step forward on R. Pivot 1/8 turn L to face back diagonal (7:30).
7 8 Staying on the diagonal Turn 1/2 L stepping back on R. Turn 1/2 L stepping forward on L.

Start Again!

Notes

There are 2 restarts.

***1st restart on wall 2. Dance the first 6 sections only and restart the dance facing 12 0'clock.**

***2nd restart on wall 5. Dance the first 4 sections only up to count 7 and replace count 8 of section 4 with a scuff in to the R diagonal facing 3 0'clock wall.**

This changes the wall of the dance so you will be starting the dance facing 3 0'clock and then again 9 0'clock.

To finish the dance nicely – Finish section 5 and then turn 1/4 L stepping back on R and 1/2 L stepping forward on L to end facing the front.
