

Just In A Beat

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Lorraine Brown (UK) - September 2012
音乐: Beauty and a Beat (feat. Nicki Minaj) - Justin Bieber



Count in 32 counts from the start of the track.

[1-8] Step ,lock, right shuffle, full turn right, left shuffle

1-2 Step right (1) Lock left foot behind right (2)
3&4 Step forward right(3) Bring left beside right (&)Step forward right (4)
5-6 Make ½ turn right, stepping back on left (5)Make ½ turn right stepping forward right(6)
7&8 Step forward left(3) Bring right beside left (&)Step forward left (4) (12.00)

[9-16] Point right forward, point right side, ½ sailor turn right, ¼ left. ¼ left, ¼ chasse left

9-10 Point right toe forward (1). Point right toe to right side (2).
11&12 Cross right behind left, making ½ turn right.(3)Step left to left side.(&) Step right to right side (4)
13-14 Make ¼ left stepping fwd left. (5) Make ¼ left stepping back right (6)
15&16 Make ¼ left stepping left to left side (7) Step right beside left (&) Step left to left side (8)(9.00)

[17-24] Step right, hold, step right, hold, step right , hold, rock back left, step forward left

17-18 Step right to right side (1) Hold (2)
&19-20 Bring left next to right (&)Step right to right side (3) Hold (4)
&21 Bring left next to right (&)Step right to right side (5)
22-24 Rock back left(6).Recover weight onto right (7) Step forward onto left (8)(9.00)

[25-32] Walk right, walk left, right kick ball change, pivot turn x 2 with hip roll

25-26 Walk forward right(25) Walk forward left(26)
27&28 Kick right forward (27) Step ball of right beside left (&) Step down on left in place (28)
29-30 Step right forward (29) Pivot ¼ turn left (30)
31-32 Step right forward (31) Pivot ¼ turn left (32)(3.00)

[33-40] Figure 8 weave

33-34 Cross right over left(33) Step left to left side (34)
35-36 Cross right behind left (35) Turning ¼ left, step left forward (36)
37-38 Step forward right (37) Pivot ½ turn left (38)
39-40 Turning ¼ left step right to right side (39) Cross left behind right (40)(3.00)

[41-48] Step right, cross left , step right, cross shuffle, heel grind ¼ right,step, drag

41-42& Step right to right side(41) Cross left over right (42) Step right to right side(&)
43&44 Cross left over right(43)Step right beside left (&) Cross left over right (44)
45-46 Grind right heel forward, swivelling toe right(45) Turn ¼ right (weight onto left) (46)
47-48& Take a big step right to right side(47)Drag left to meet right(48) Recover weight onto left(&)(6.00)

[49-56] Cross samba with right, cross samba with left, jazz box ¼ right

49&50 Cross right over left(49)Rock left to left side(&)Recover onto right(50)
51&52 Cross left over right(51) Rock right to right side(&) Recover onto left (52)
53-54 Cross right over left (53) Step left back (54)
55-56 Turn ¼ right, stepping right to right side (55) Step forward left (56)(9.00)

[57-64] Step touch, heel jack , side together, chasse left

57-58& Step right to right diagonal(57) Touch left beside right (58)Step back on left (&)

59&60 Step right heel to right diagonal(59) Step down on right(&)Touch left beside right(60)
61-62 Step left to left side(61) Step right beside left (62)
63&64 Step left to left side(63) Close right beside left(&) Step left to left side(64)(9.00)

On last wall turn ¼ left on last count to face the front (12.00)

Contact: ranchdance_fife@yahoo.co.uk
