

# Beats No More

拍数: 32      墙数: 4      级数: Improver  
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音乐: Until It Beats No More - Jennifer Lopez



Intro: 8 Counts (appr. 4 seconds from 1<sup>st</sup> beat) - Start with weight on L foot

1 Restart: On wall 5 after 8 counts \*

1 tag: 4 counts tag after wall 10 ( step, step turn, back rock )

## #1 section: Step full turn, shuffle fw. rock recover, coaster step

1-2-3      Step fw. R, make ½ turn R, stepping back L, make ½ turn R, stepping fw. R 12:00  
4&5      Step fw. on L, step R next to L, step fw. on L 12:00  
6-7      Rock fw. on R, recover on L 12:00  
8&      Step back on R, step L next to R \*( restart on wall 5) 12:00

## #2 section: Step fw. sweep ¼ turn L, cross shuffle, side rock, step ½ turn

1-2-3      Step fw. on R, step fw. on L, sweep ¼ turn L with R foot 9:00  
4&5      Cross R over L, step L to L, cross R over L 9:00  
6-7      Step L to L side, recover on R 9:00  
8&      Step fw. on L, make ½ turn R, putting weight on R 3:00

## #3 section: Step fw., step ½ turn with hip roll (for styling), shuffle fw. X 2

1-2-3      Step fw. on L, step fw. on R, make ½ turn L, putting weight on L (with hip) 9:00  
4&5      Step fw. on R, step L next to R, step fw. on R 9:00  
6-7      Step fw. on L, make ½ turn R, putting weight on R (with hip) 3:00  
8&      Step fw. on L, step R next to L 3:00

## #4 section: Step fw. Rock recover, shuffle back, back rock, kick ball step

1-2-3      Step fw. on L, step fw. on R, recover on L 3:00  
4&5      Step back on R, step L next to R, step back on R 3:00  
6-7      Step back on L, recover on R 3:00  
8&      Kick L fw. step L beside R 3:00

## Tag : Step fw. step ½ turn, back rock

1-2      Step fw. on R, make ½ turn R stepping back on L 3:00  
3-4      Rock back on R, recover on L 9:00

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