

Beauty And A Beat

COPPERKNOB
STEPSHEETS

拍数: 96 墙数: 2 级数: Phrased Intermediate
编舞者: Darrel Winson (UK) - January 2013
音乐: Beauty and a Beat (feat. Nicki Minaj) - Justin Bieber



Intro: 32 counts

PART A (32 COUNTS)

SEC A1: PIVOT ½ TURN L X2, FORWARD ROCK, RECOVER, COASTER STEP

1-4 Step R foot forward, turn ½ L, step R foot forward, turn ½ L
5-6 Rock R foot forward, recover weight on L foot
7&8 Step R foot back, step L foot beside R foot, step R foot forward (12.00)

SEC A2: PIVOT ½ TURN R X2, FORWARD ROCK, RECOVER, COASTER STEP

1-4 Step L foot forward, turn ½ R, step L foot forward, turn ½ R
5-6 Rock L foot forward, recover weight on R foot
7&8 Step L foot back, step R foot beside L foot, step L foot forward (12.00)

SEC A3: OUT X2, HIPS BUMP, OUT X2, HIPS BUMP

1-2 Step R foot out to R diagonal, step L foot out to L diagonal
3&4 Bump hips to R side, L side, R side
5-6 Step L foot out to L diagonal, step R foot out to R diagonal
7&8 Bump hips to L side, R side, L side (12.00)

SEC A4: ROCKING CHAIR, FORWARD ROCK, RECOVER, ½ TURN R, STEP

1-4 Rock R foot forward, recover weight on L foot, rock R foot back, recover weight on L foot
5-8 Rock R foot forward, recover weight on L foot, turn ½ R stepping R foot forward, step L foot beside R foot (6.00)

PART B (32 COUNTS)

SEC B1: STEP, TOUCH BALL CROSS, BACK ROCK, RECOVER, KICK BALL CROSS

1 Step R foot to R side
2&3 Touch L toes beside R foot, step L foot in place, cross R foot over L foot
4 Step L foot to L side
5-6 Rock R foot behind L foot, recover weight on L foot
7&8 Kick R foot to R diagonal, step R foot in place, cross L foot over R foot (12.00)

SEC B2: ¼ TURN L X2, CHASSE SIDE, BEHIND, ¼ TURN R, FORWARD SHUFFLE

1-2 Turn ¼ L stepping R foot back, turn ¼ L stepping L foot forward
3&4 Step R foot to R side, step L foot beside R foot, step R foot to R side
5-6 Cross L foot behind R foot, turn ¼ R stepping R foot forward
7&8 Step L foot forward, lock R foot behind L foot, step L foot forward (9.00)

SEC B3: KICK BALL POINT X2, JAZZ BOX ¼ TURN R

1&2 Kick R foot forward, step R foot in place, point L toes to L side
3&4 Kick L foot forward, step L foot in place, point R toes to R side
5-8 Cross R foot over L foot, turn ¼ R stepping L foot back, step R foot to R side, step L foot to L side (12.00)

SEC B4: SYNCOPATED HEELS SWIVEL

1&2& Swivel R heel out, swivel R heel in, swivel L heel out, swivel L heel in
3&4& Swivel R heel out, swivel R heel in, swivel R heel out, swivel R heel in
5&6& Swivel L heel out, swivel L heel in, swivel R heel out, swivel R heel in

7&8& Swivel L heel out, swivel L heel in, swivel L heel out, swivel L heel in (12.00)

PART C (32 COUNTS)

SEC C1: PIVOT ½ TURN L, STEP, HOLD, PIVOT ½ TURN R, STEP, HOLD

1-4 Step R foot forward, turn ½ L, step R foot forward, hold for one count

5-8 Step L foot forward, turn ½ R, step L foot forward, hold for one count (12.00)

SEC C2: SCISSORS CROSS, HOLD, GRAPEVINE

1-4 Rock R foot to R side, recover weight on L foot, cross R foot over L foot, hold for one count

5-8 Step L foot to L side, cross R foot behind L foot, step L foot to L side, cross R foot over L foot (12.00)

SEC C3: SCISSORS CROSS, HOLD, GRAPEVINE

1-4 Rock L foot to L side, recover weight on R foot, cross L foot over R foot, hold for one count

5-8 Step R foot to R side, cross L foot behind R foot, step R foot to R side, step L foot forward (12.00)

SEC C4: FORWARD ROCK, RECOVER. ½ TURN R, FULL TURN R, STEP, HOLD

1-4 Rock R foot forward, recover weight on L foot, turn ½ R stepping R foot forward, hold for one count

5-8 Turn ½ R stepping L foot back, turn ½ R stepping R foot forward, step L foot beside R foot, hold for one count (6.00)

TAG (32 COUNTS)

SEC T1: CROSS ROCK STEP X2, SYNCOPATED LOCK STEPS FORWARD

1&2 Cross rock R foot over L foot, recover weight on L foot, step R foot beside L foot

3&4 Cross rock L foot over R foot, recover weight on R foot, step L foot beside R foot

5&6&7&8 Step R foot forward, lock L foot behind R foot, step R foot forward, lock L foot behind R foot, step R foot forward, lock L foot behind R foot, step R foot forward (12.00)

SEC T2: CROSS ROCK STEP X2, SYNCOPATED OUT IN STEPS

1&2 Cross rock L foot over R foot, recover weight on R foot, step L foot beside R foot

3&4 Cross rock R foot over L foot, recover weight on L foot, step R foot beside L foot

5&6&7&8 Step L foot out to L side, step R foot out to R side, step L foot in, step R foot in, step L foot out to L side, step R foot out to R side, step L foot in (12.00)

SEC T3: CROSS ROCK STEP X2, CROSS ROCK STEP, CROSS, FLICK, KICK

1&2 Cross rock R foot over L foot, recover weight on L foot, step R foot beside L foot

3&4 Cross rock L foot over R foot, recover weight on R foot, step L foot beside R foot

5&6& Cross rock R foot over L foot, recover weight on L foot, step R foot beside L foot, cross L foot over R foot

7-8 Flick R foot behind L foot, kick R foot forward to R diagonal (12.00)

SEC T4: CROSS ROCK STEP X2, HAND MOVEMENTS

1&2 Cross rock R foot over L foot, recover weight on L foot, step R foot beside L foot

3&4 Cross rock L foot over R foot, recover weight on R foot, step L foot beside R foot

5&6& Slap R hand at the side of R thigh, slap L hand at the side of L thigh, place R hand on L chest, place L hand on R chest (it would be a "X" figure)

7-8 Throw up both hands in the air, put down both hands on both sides (12.00)

Sequence: A (6.00), B (6.00), C (12.00), C (6.00), TAG (6.00), A (12.00), B (12.00), C (6.00), C (12.00), A (6.00), A (12.00), C (6.00), C (12.00), TAG (12.00)

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