

# Dancing Beat

拍數: 112      牆數: 2      級數: Phrased Intermediate / Advanced  
編舞者: Jo Kinser (UK), Hayley Wheatley (UK), Chloé Ourties (FR) & Jef Camps (BEL) -  
March 2022  
音樂: Dancing Feet (feat. DNCE) - Kygo



Intro 16c. from first beat Sequence: A – B – A – B – B – B

## PART A: 48c

### Section 1 Step Fwd, Sweep Into ½ Turn, Together, Walks R-L, Mambo Fwd, Point Back

1-2            RF step forward, sweep LF forward and make ½ turn R on RF 6:00  
3-4-5        LF step next to RF, RF step forward, LF step forward  
6&7-8        RF rock forward, recover on LF, RF step back, LF point back

### Section 2 Reverse ½ Pivot, Hold, Step Fwd, Full Turn, Body Roll

1-2            Make ½ turn L on RF, hold 12:00  
3-4            LF step forward, ½ turn L & RF step back 6:00  
5-6            ½ turn L & LF step forward and make bodyroll forward rolling back 12:00  
7-8            Recover on RF, LF step back

### Section 3 Rock Back/Recover, Side, Rock Back/Recover, ¼ Side, ¼ Back Rock/Recover, Side, Back Mambo

1&2            RF rock back, recover on LF, RF step side  
3&4            LF rock back, recover on RF, ¼ turn R & LF step side 3:00  
5&6            ¼ turn R & RF rock back, recover on LF, RF step side 6:00  
7&8            LF rock back, recover on RF, LF step forward

### Section 4 ½ Turn Into Slide, Drag, Cross, Side, Cross, Side, 1/8, Together, Walk R-L

&1-2         Make ½ turn R on LF, RF big step side & drag LF slowly towards RF 12:00  
3-4            LF cross over RF, RF step side  
5&6            LF cross over RF, RF step side, 1/8 turn L & LF close next to RF 10:30  
7-8            RF step forward, LF step forward

### Section 5: 1/8 Side Rock/Recover, Ball, Side Rock/Recover, Ball, Fwd Rock, Recover, Full Turn

1-2&         RF rock side, recover on LF, RF close on ball next to LF 9:00  
3-4&         LF rock side, recover on RF, LF close on ball next to RF  
5-6            RF rock forward, recover on LF  
7-8            ½ turn R & RF step forward, ½ turn R & LF step back 9:00

### Section 6 Coaster Step, Step Fwd, ¼ Pivot, Step Fwd, ½ Click-Clack, Back Rock & Pop, Recover

1&2            RF step back, LF close next to RF, RF step forward  
3-4            LF step forward, make ¼ turn R putting weight on RF 12:00  
5&6            LF step forward, make ¼ turn R twisting R-heel in, make ¼ turn R twisting L heel out 6:00  
7-8            RF rock back & pop L-knee up (option: hitch) , LF recover (or step down after hitch)

## PART B: 64

- First time starting facing 6:00

### Section 1 Skates, Diagonal Shuffle, Diagonal Kick, Side, Touch Behind, Toe Strut/Snaps 6:00

1-2            Skate RF diagonally R forward, skate LF diagonally L forward  
3&4            RF step into R diagonal, LF close next to RF, RF step into R diagonal  
5&6            Kick LF diagonally L forward, LF step side, RF touch behind LF  
7              RF touch toes R side & RH snap high above shoulder level  
8              drop R-heel down & swing RH anticlockwise into low snap R-side (look over R shoulder)

Optional: bump R hip up on count 7, bump R hip low on count 8

## **Section 2 Rolling Vine, Point, Full Turn, Out-Out, Step Back, Cross**

- 1-2 ¼ turn L & LF step forward, ½ turn L & RF step back 9:00  
3-4 ¼ turn L & LF step side, RF point side & clap hands 6:00  
5-6 ¼ turn R & RF step forward, ½ turn R & LF step back 3:00  
7&8& ½ turn R & step forward & out on R-heel, step out on L-heel, RF step back, LF cross over RF 9:00

## **Section 3 Side, Heel Taps & Bring Hand Up, Behind, ¼ Fwd, Step Fwd, Mambo Fwd, Close**

- 1&2 RF step side, lift R-heel, RF bring heel down  
&3&4 Lift R-heel, RF bring heel down, lift R-heel, RF bring heel down (weight stays on LF)  
**Styling: on count 1 bring R hand out & sideways on hip level (palms facing forward) & turn head ¼ turn R (body stays towards 9:00) – bring R-hand sideways up over 3 counts**  
5&6 RF cross behind LF, ¼ turn L & LF step forward, RF step forward 6:00  
7&8 LF rock forward, recover on RF, LF close next to RF

## **Section 4 Mambo Fwd, Walks Back, Coaster Step, Hitch, Slide**

- 1&2 RF rock forward, recover on LF, RF step back  
3-4 LF step back, RF step back  
**Styling: while walking on counts 2-3-4 you can twist toes of opposite foot out**  
5-6 LF step back, RF close next to LF, LF step forward  
7-8 Hitch R-knee, RF big step side

## **Section 5 Sailor Step, Heel Swivels, Behind-Side-Cross, ¾ Bounce Turn**

- 1&2 LF cross behind RF, RF step side, LF step side  
&3 RF lift heel & twist heel inside, bring heel back in place  
&4 LF lift heel & twist heel inside, bring heel back in place (weight ends on LF)  
5&6 RF cross behind LF, LF step side, RF cross over LF  
&7&8 Making ¾ turn L bouncing both heels twice 9:00

## **Section 6 Diagonal Dorothy Step, Diagonal Step-Lock-Step, Cross, 1/8 Back, 1/8 Chasse**

- 1-2& RF step diagonally R-forward, LF lock behind RF, RF step diagonally R-forward  
3&4 LF step diagonally L-forward, RF lock behind LF, LF step diagonally L-forward  
5-6 RF cross over LF, 1/8 turn R & LF step back 10:30  
7&8 1/8 turn R & RF step side, LF close next to RF, RF step side 12:00

## **Section 7 Cross Mambo Into Rolling Vine, Kick-Ball-Press, Kick-Ball-Press**

- 1&2 LF rock across RF, recover on RF, ¼ turn L & LF step forward 9:00  
3-4 ½ Turn L & RF step back, ¼ turn L & LF step side 12:00  
5&6 RF kick forward, RF close on ball next to LF, LF press side (slightly bend through R-knee)  
7&8 LF kick forward, LF close on ball next to RF, RF press side (slightly bend through L-knee)

## **Section 8 Hitch Into Reverse ½ Turn, Side, Cross Samba, Cross, ½ Hinge, Together**

- 1-2 Make ½ turn R on LF while hitching R, RF step side 6:00  
3&4 LF cross over RF, RF step side, LF step slightly diagonally L-forward  
5-6 RF cross over LF, ¼ turn R & LF step back 9:00  
7-8 ¼ turn R & RF step side, LF close next to RF 12:00

**Jo, Hayley, Chloë & Jeffke**

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