

# Only Need a Beat

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner / Beginner  
編舞者: Helaine Norman (USA) - December 2023  
音樂: Dance to the Music - Sly & The Family Stone



**Intro: 48 (vocal) No tags or restarts**

## **I. LOCK STEP WITH TOUCH; LOCK STEP WITH TOUCH**

1-4            Step R forward, lock L behind R, step R forward, touch L together  
5-8            Step L forward, lock R behind L, step L forward, touch R together

## **II. BACK DIAGONALLY, TOUCH X2; BUNNY HOPS BACK WITH CLAPS X2**

1-2            Step R back, touch L together  
3-4            Step L back, touch R together  
&5-6          Hop R back, step L together, hold with hand clap  
&7-8          Hop R back, step L together, hold with hand clap

## **III. LINDY, VINE 1/4 L-TURN, SCUFF**

1&2            Step R side, step L together, step R side  
3-4            Rock L behind R, recover to R  
5-8            Step L side, step R behind, step forward making ¼ turn left (9:00), scuff R forward

## **IV. JAZZ BOX ¼ R-TURN X2**

1-4            Step R over, step L back, step R side (12:00), step L together  
5-8            Repeat 1-4 ending at (3:00)

**REPEAT**

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