Wonder Beat



編舞者: Irene Groundwater (CAN)

音樂: The Beat Goes On - Barry Amato



FORWARD, SCUFF, FORWARD, SCUFF, FORWARD, SCUFF Use crouched position for first 8 counts of dance

1-2	Right forward, scuff left forward beside right instep
3-4	Left forward, scuff right forward beside left instep
5-6	Right forward, scuff left forward beside right instep
7-8	Left forward, scuff right forward beside left instep

BACK, TOUCH, BACK, TOUCH, BACK, TOUCH

1-2	Right back, touch left ball beside right instep and snap fingers to the right
3-4	Left back, touch right ball beside left instep and snap fingers to the left
5-6	Right back, touch left ball beside right instep and snap fingers to the right
7-8	Left back, touch right ball beside left instep and snap fingers to the left

OUT. OUT. HOLD. IN. IN. HOLD. OUT. OUT. HOLD. IN. IN HOLD

Option - for ultra beginners omit the & counts and holds-out, out, in, in, out, out, in, in		
&7-8	Right back in original position, left back in original position, hold (and clap)	
&5-6	Right diagonal forward, left diagonal forward, hold (and clap)	
&3-4	Right back in original pos. Left back in original pos, hold (and clap)	
&1-2	Right diagonal forward, left diagonal forward, hold (and clap)	
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SIDE, HEEL, TOE, HEEL, SIDE, HEEL, TOE, HEEL

OIDE, FILLE, FOE, FILLE, OIDE, FILLE, FOE, FILLE		
1	Large side step right turning body (towards 10:30) and raise right arm	
2-3	Bring left heel towards right, bring left toe towards right	
4	Bring left heel towards right and straighten body forward	
5	Large side step left turning body (towards 1:30) and raise left arm	
6-7	Bring right heel towards left, bring right toe towards left	
8	Bring right heel towards left and straighten body forward	

REPEAT

INTERMEDIATE DANCERS

On count 25, make 1/4 turn right on large side step left to make this a 4 wall dance