

The Beast

拍數: 64 牆數: 4 級數: Advanced
編舞者: Rob Fowler (ES)
音樂: Somethin' in the Water - The Cheap Seats



STREET WISE RUNNING MAN STEPS

- 1 Jump feet shoulder width apart at diagonals (right foot forward, left foot back)
- & Jump feet together hitching left knee
- 2 Jump feet shoulder width apart at diagonals (left foot forward, right foot back)
- & Jump feet together hitching right knee
- 3 Jump feet apart
- & Jump feet together (both feet on the floor)
- 4 Jump feet apart
- & Jump feet together hitching left knee
- 5 Jump feet shoulder width apart at diagonals (left foot forward, right foot back)
- & Jump feet together hitching right knee
- 6 Jump feet shoulder width apart at diagonals (right foot forward, left foot back)
- 7 Jump feet apart
- & Jump feet together
- 8 Jump feet apart
- & Jump feet together (weight on left foot)

KICK-BALL-CHANGE, KICK, TOUCH, TURN, BODY ROLL

- 9 Kick right foot forward
- & Step in place with right foot
- 10 Step in place with left foot
- 11 Kick right foot forward
- 12 Touch right toe back
- 13 Turn ½ to the right on balls of both feet
- 14-15 Body roll up
- 16 Touch left next to right

LEFT VINE WITH ¼ TURN, JUMPS, KICK-BALL-CHANGE, HIPS, JUMP BACK

- 17 Step left foot to left side
- 18 Cross right foot behind left foot
- 19 Step left foot to left side making a ¼ turn left
- & Jump forward on both feet
- 20 Jump forward on both feet
- 21 Kick right foot forward
- & Step in place with right foot
- 22 Step in place with left foot
- 23 Push hips forward
- & Jump back on both feet
- 24 Jump back with both feet

SNAKE ROLLS (LEFT, RIGHT), BACK-STOMP, LOOK, HEEL TAPS WITH ¼ TURN

- 25-26 Snake roll to left side
- 27-28 Snake roll to right side
- & Step back on left foot
- 29 Step right foot forward
- 30 Look over left shoulder (face ¼ left do not turn yet)

- 31 Tap heels (raise off the ground and drop)
- & Tap heels make 1/8 turn to the left
- 32 Tap heels make 1/8 turn to the left (these two steps bring your body round to face same way as head)

HITCH, SLIDE, HITCH, SLIDE, TOUCH, SWEEP, TURN, HIPS

- 33 Hitch right knee across left leg
- & Step right foot out to right side
- 34 Slide left foot up to meet right (weight ends on left)
- 35 Hitch right knee across left leg
- & Step right foot out to right side
- 36 Slide left foot up to meet right (weight ends on left)
- 37 Point right toe forward
- &38 Sweep foot round behind left
- 39 Unwind ½ turn to the right
- & Push hips left
- 40 Push hips right

HITCH, SLIDE, HITCH, SLIDE, TOUCH, SWEEP, TURN, HIPS

- 41 Hitch left knee across right leg
- & Step left foot out to left side
- 42 Slide right foot up to meet left (weight ends on right)
- 43 Hitch left knee across right leg
- & Step left foot out to left side
- 44 Slide right foot up to meet left (weight ends on right)
- 45 Point left toe forward
- &46 Sweep foot round behind right
- 47 Unwind ½ turn to the left
- & Push hips right
- 48 Push hips left

ROCK STEPS, TURN, TRAVELING PIGEON TOES

- 49 Rock forward on right foot
- & Rock weight back to left foot
- 50 Rock back on right foot
- & Rock weight back onto left foot
- 51 Step right together making ¼ to the left
- & Swivel heels to the right
- 52 Swivel heels to center
- 53 Swivel left toe to left, swivel right heels to left
- 54 Swivel left heels to left, swivel right toes to left
- 55 Swivel left toe to left, swivel right heels to left
- & Swivel left heels to left, swivel right toes to left
- 56 Swivel left toes to left, swivel right heels to left

JUMPING JACKS, PADDLE TURNS

- 57 Jump feet shoulder width apart
- & Jump feet together
- 58 Jump feet shoulder width apart
- & Jump feet together making a ½ to the left
- 59 Jump feet shoulder width apart
- & Jump feet together
- 60 Jump feet shoulder width apart
- & Jump feet together, hitching right knee

- 61 Push right toe out to right side making 1/8 turn left
& Hitch right knee
62 Push right toe out to right side making 1/8 turn left
& Hitch right knee
63 Push right toe out to right side making 1/8 turn left
& Hitch right knee
64 Push right toe out to right side making 1/8 turn left

REPEAT
