

Beat Of Love

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michele Perron (CAN) & Jo Thompson Szymanski (USA)
音樂: Beat of Love - En Vogue



ACROSS, UNWIND WITH HEEL DROPS; FORWARD, FORWARD, ROCK RECOVER, BACK

1 Step right tightly across front of left
2-3-4 Unwind $\frac{3}{4}$ turn left dropping both heels 3 times, weight ends left

Option: syncopate heel drops on 3&4

Optional arm styling: during the $\frac{3}{4}$ turn, slowly lift both hands out and up to the sides, bending elbows, ending with palms up shoulder height

5-6 Right, left steps forward (hands come down as you step forward)
7&8 Right rock/step forward, left recover/step back, step right back

BACK, FORWARD, TRIPLE FORWARD, CROSS, HOLD, BALL, CROSS, BALL, CROSS

1-2 Left step back execute $\frac{1}{4}$ turn right; execute another $\frac{1}{4}$ turn right, step right forward
3&4 Left triple step forward
5-6 Right step across front of left; hold
&7 Left step to side left with ball of left; right step across front of left
&8 Left step to side left with ball of left; right step across front of left

Optional arm and head styling: on count 5, sharply look to the left, place thumb side of left hand to chest, fingers up, palm facing right and extend right arm to right side with fingers up, palm out to right side. Stay this way through count 8, then allow arms to come down and look forward

HITCH, TURN, SIDE-TOGETHER-ACROSS, REPEAT

1-2 Left knee hitch (left foot near inside of right knee) executing $\frac{1}{4}$ turn right; left step across front of right
3&4 Right step to side right, left step next to right, right step across front of left
5-6 Left knee hitch (left foot near inside of right knee) executing $\frac{1}{4}$ turn right; left step across front of right
7&8 Right step to side right, left step next to right, right step across front of left

SIDE, SHIMMY, SHIMMY, TOGETHER, ACROSS, HOLD, ACROSS, &, BEHIND, &

1-4 Left (large) step to side left; 2 count shimmies as right slides towards left, right step next to left

For the shimmies, try different Egyptian type movements, head side to side, hips and ribs side to side one shoulder up, one down, and switch, etc

Optional arm styling: during the shimmies, in one smooth motion, both hands cross starting at waist level, rising up to the chest with backs of hands facing each other, then go out to the sides, ending with elbows bent, hands palms up shoulder height, or for fun, put both hands up over head, palms together fingers pointing up, elbows out

5-6 Left step across right; hold (hands come down as you step across)
&7 Right rock ball of right across front of left; left recover/step behind right
&8 Right rock ball of right crossed behind left; left recover/step in front of right

REPEAT

At end of song, for final pose, step right foot tightly across front of left, place hands up to side, palms up.