

The Beat

拍數: 64 牆數: 2 級數: Improver
編舞者: Tom Monaghan (NZ) & Wendy Monaghan (NZ)
音樂: Cowboy Beat - The Bellamy Brothers



FORWARD, BACK, TURN, STEP, HOLD, FORWARD, BACK, TURN, STEP, HOLD

1-2-3-4 Rock/ step right forward, recover onto left turning $\frac{1}{2}$ right, step right forward, hold
5-6-7-8 Rock/ step left forward, recover onto right turning $\frac{1}{2}$ left, step left forward, hold (12:00)

ROCKING CHAIR, TURN, TURN, FORWARD, HOLD

1-2-3-4 Rock right forward, rock/step back onto left, rock back onto right, rock/step forward on left
5-6-7-8 Step right back into $\frac{1}{4}$ left, turn $\frac{1}{4}$ left stepping left to side, step right forward, hold (6:00)

FORWARD, BACK, TURN, STEP, FORWARD, BACK, TURN, STEP, HOLD

1-2-3-4 Rock/ step left forward, recover onto right turning $\frac{1}{2}$ left, step left forward, hold
5-6-7-8 Rock/ step right forward, recover onto left turning $\frac{1}{2}$ right, step right forward, hold

ROCKING CHAIR, TURN, TURN, FORWARD, HOLD

1-2-3-4 Rock left forward, rock/step back on right, rock back onto left, rock/step forward on right
5-6-7-8 Step left back into $\frac{1}{4}$ right, turn $\frac{1}{4}$ right stepping right to side, step left over right, hold (12:00)

VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-2-3-4 Step right to right, step left behind right, step right to right, touch left beside right & clap
5-6-7-8 Step left to left, step right behind left, step left to left, touch right beside left & clap

HEEL STRUTS WITH CLAPS TURNING $\frac{1}{2}$ LEFT

1-2-3-4 Step right heel forward, step down on right foot, turning $\frac{1}{4}$ left step left heel forward, step down on left foot
5-6-7-8 Repeat last 4 counts (6:00)

HIP BUMPS, SWAYS

1-2-3-4 Step right forward pushing hips right, right, push hips back left, left
5-6-7-8 Hip sways: forward, back, forward, back (right left right left)

FORWARD TOUCH, BACK TOUCH

1-2-3-4 Right forward touch left beside right, left forward touch right beside left
5-6-7-8 Right back touch left beside right, left back touch right beside left

REPEAT

RESTART

Restart on walls 2 & 4 after heel struts
