

Hear The Beat

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Sandra Speck (UK) - June 2008
音樂: Clap Your Hands (feat. Jessica Darling) - The Herbaliser : (CD: Same As It Never Was)



START: 64 counts intro, start on vocals.

(1-8) Right Mambo Forward, Triple $\frac{3}{4}$ Turn Left

1-3 Rock forward onto right foot, rock back onto left, Step back on right foot
4 Hold for one count
5-7 Triple $\frac{3}{4}$ left on left, right, left
8 Hold for one count

(9-16) Hips X 3, Rocking Chair

1-3 Small step forward on right foot, push hips onto right, left right
4 Hold for one count
5-6 Rock forward onto left foot, rock back onto right foot
7-8 Rock back onto left foot, recover onto right foot

(17-24) Left Lock Step, Sweep, Cross Back Back, Hold

1-3 Step forward on left, lock right behind left, step forward on left
4-5 Sweep right foot out from back to front, cross right foot in front of left
6,7 Step back on left foot, step back on right foot
8 Hold for one count

(25-32) Cross Back Turn $\frac{1}{4}$ Point, Monteray $\frac{1}{2}$ Point, Bend, Push Hip Left

1-2 Cross left in front of right, step back on right foot
3-4 Turn $\frac{1}{4}$ left stepping left foot to side, point right to right side
5-6 Close right next to left making $\frac{1}{2}$ turn right, point left to left side
7-8 Bend knees slightly, push left hip to left (taking weight onto left foot)

REPEAT FROM HERE ON WALLS 5 & 7

(33-40) Side Touch X 4 With Clicks

1-2 Step right to right side, touch left next to right
3-4 Step left to left side, touch right next to left
5-6 Step right to right side, touch left next to right
7-8 Step left to left side, touch right next to left

(41-48) Side Behind Side Heel, Side Behind Turn $\frac{1}{2}$ Step

1-2 Step right to right side, step left behind right
3-4 Step right to right side, touch left heel forward
5-6 Step left to left side, cross right behind left
7-8 Make $\frac{1}{2}$ turn right, weight onto right, step left foot next to right

(49-56) Side Touch X 4 With Clicks

1-8 Repeat counts 33-40

(57-64) Side Behind Side Heel, Side Behind Turn $\frac{1}{2}$ Step

1-8 Repeat counts 41-48

Choreographers note:

On wall 2 counts 33-40 & 49-56 clap your hands instead of click

On wall 4 counts 33-40 & 49-56 shimmy instead of click
On walls 5 & 7 omit counts 1-32 & repeat counts 33-64 twice with claps

Have Fun!
