

# 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!

---