

# Just In A Beat

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Lorraine Brown (UK) - September 2012  
音樂: Beauty and a Beat (feat. Nicki Minaj) - Justin Bieber



Count in 32 counts from the start of the track.

## [1-8] Step ,lock, right shuffle, full turn right, left shuffle

1-2            Step right (1) Lock left foot behind right (2)  
3&4           Step forward right(3) Bring left beside right (&)Step forward right (4)  
5-6           Make ½ turn right, stepping back on left (5)Make ½ turn right stepping forward right(6)  
7&8           Step forward left(3) Bring right beside left (&)Step forward left (4) (12.00)

## [9-16] Point right forward, point right side, ½ sailor turn right, ¼ left. ¼ left, ¼ chasse left

9-10           Point right toe forward (1). Point right toe to right side (2).  
11&12          Cross right behind left, making ½ turn right.(3)Step left to left side.(&) Step right to right side (4)  
13-14          Make ¼ left stepping fwd left. (5) Make ¼ left stepping back right (6)  
15&16          Make ¼ left stepping left to left side (7) Step right beside left (&) Step left to left side (8)(9.00)

## [17-24] Step right, hold, step right, hold, step right , hold, rock back left, step forward left

17-18          Step right to right side (1) Hold (2)  
&19-20        Bring left next to right (&)Step right to right side (3) Hold (4)  
&21            Bring left next to right (&)Step right to right side (5)  
22-24          Rock back left(6).Recover weight onto right (7) Step forward onto left (8)(9.00)

## [25-32] Walk right, walk left, right kick ball change, pivot turn x 2 with hip roll

25-26          Walk forward right(25) Walk forward left(26)  
27&28          Kick right forward (27) Step ball of right beside left (&) Step down on left in place (28)  
29-30          Step right forward (29) Pivot ¼ turn left (30)  
31-32          Step right forward (31) Pivot ¼ turn left (32)(3.00)

## [33-40] Figure 8 weave

33-34          Cross right over left(33) Step left to left side (34)  
35-36          Cross right behind left (35) Turning ¼ left, step left forward (36)  
37-38          Step forward right (37) Pivot ½ turn left (38)  
39-40          Turning ¼ left step right to right side (39) Cross left behind right (40)(3.00)

## [41-48] Step right, cross left , step right, cross shuffle, heel grind ¼ right,step, drag

41-42&        Step right to right side(41) Cross left over right (42) Step right to right side(&)  
43&44        Cross left over right(43)Step right beside left (&) Cross left over right (44)  
45-46        Grind right heel forward, swivelling toe right(45) Turn ¼ right (weight onto left) (46)  
47-48&       Take a big step right to right side(47)Drag left to meet right(48) Recover weight onto left(&)(6.00)

## [49-56] Cross samba with right, cross samba with left, jazz box ¼ right

49&50        Cross right over left(49)Rock left to left side(&)Recover onto right(50)  
51&52        Cross left over right(51) Rock right to right side(&) Recover onto left (52)  
53-54        Cross right over left (53) Step left back (54)  
55-56        Turn ¼ right, stepping right to right side (55) Step forward left (56)(9.00)

## [57-64] Step touch, heel jack , side together, chasse left

57-58&       Step right to right diagonal(57) Touch left beside right (58)Step back on left (&)

59&60 Step right heel to right diagonal(59) Step down on right(&)Touch left beside right(60)  
61-62 Step left to left side(61) Step right beside left (62)  
63&64 Step left to left side(63) Close right beside left(&) Step left to left side(64)(9.00)

**On last wall turn ¼ left on last count to face the front (12.00)**

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