

The Beat Goes On (High Beginner Version)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Jo Kinser (UK), John Kinser (UK) & Tajali Hall (CAN) - February 2014
音樂: Michael Jackson (The Beat Goes On) - Cash Cash



Start the dance 32 counts in (0.18). BPM: 110

NOTE: Floor split with our int/adv dance "The Beat Goes On"

[1-8] KNEE POPS LT & RT, RT SHUFFLE FWD, KNEE POPS RT & LT, LT SHUFFLE FWD

1-2 Step Rt slightly fwd popping Lt knee up, Step Lt slightly fwd popping Rt knee up
3&4 Step Rt fwd, Step Lt next to Rt, Step Rt fwd
5-6 Step Lt slightly fwd popping Rt knee up, Step Rt slightly fwd popping Lt knee up
7&8 Step Lt fwd, Step Rt next to Lt, Step Lt fwd

[9-16] RT ROCK STEP, RT COASTER STEP, STEP 1/2 TURN, LT SHUFFLE FWD

1-2 Rock Rt fwd, Recover weight Lt
3&4 Step Rt back, Step Lt next to Rt, Step Rt fwd
5-6 Step Lt fwd, Make 1/2 turn right (weight Rt) (6:00)
7&8 Step Lt fwd, Step Rt next to Lt, Step Lt fwd

Restart: Wall 4. Dance the first 16 counts and then Restart, (3:00).

[17-24] 3/4 STOMP PADDLE TURN, JAZZ BOX CROSS

1-2-3-4 Keeping the weight Lt, Stomp Rt foot 4 times making slightly less than 1/4 turn left on each stomp (9:00)
5-6-7-8 Cross Rt over Lt, Step Lt back, Step Rt to Rt, Cross Lt over Rt

[25-32] RT CHASSE, RT BACK ROCK, WALKAROUND 1/2 TURN, LT SHUFFLE FWD

1&2 Step Rt to Rt, Step Lt next to Rt, Step Rt to Rt
3-4 Rock Lt back, Recover weight Rt
5-6 Step Lt fwd 1/4 turn Lt (6:00), Step Rt fwd 1/4 turn Lt (3:00). Wall 6, facing (3:00), do 1/4 turn walkaround
7&8 Step Lt fwd, Step Rt next to Lt, Step Lt fwd

*1-32 Tag: 1st time wall 6 (12:00), followed by 10 count break, find a new spot on the floor.

1-32 Tag: 2nd time wall 10 (12:00), followed by an ending pose.

Start again! ?

Restart: Wall 4. Dance the first 16 counts and then Restart, (3:00).

*Tag: 1st time after wall 6. Instead of doing a 1/2 walkaround turn, do 1/4 turn walkaround turn followed by the Lt shuffle. This will bring you back to 12:00 to do the Tag.

After you dance the Tag the 1st time only, there will be about a 10 count break in the music in which Michael Jackson is speaking.

Casually walk to a new spot on the floor (as though you have finished the dance and are leaving) and be in position by count 8 when he says the word "die".

You will begin the dance again immediately after he says the phrase "People should be that WAY" (have your Rt foot free).

Tag: 2nd time after wall 10. Finish the wall as normal and you'll be facing 12:00 to do the Tag. The dance ends right after this so finish the tag and stop Rt foot fwd!

TAG: (8 counts Repeated 4 times, for a total of 32 counts):

[1-8] CLAP-SLAP-CLAP, HOLD, STOMP-STOMP, CLAP-SLAP-CLAP, HOLD, STOMP-STOMP

1&2 Clap Hands together (chest level), Slap both palms down on both thighs, Clap Hands together (chest level)

3,&4 HOLD, Stomp the Rt foot in place twice

5&6 Clap Hands together (chest level), Slap both palms down on both thighs, Clap Hands together (chest level)

7,&8 HOLD, Stomp the Lt foot in place twice

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