

The Beat

32 count, 2 wall, beginner level

Choreographer: The Girls (Maureen & Michelle), England November 2005

Choreographed to: "Doctor Pressure" by Mylo (130 bpm) vs Miami Sound Machine -

32 count intro (start 32 counts before vocals)

"Dr. Beat" by Gloria Estefan, CD "Greatest Hits Volume 1"

"Para Toda La Vida" by Aurora Navarro (130 bpm), CD "Playa Total 5" – 48 count intro

"Maria (un, Dos, Tres)" by Ricky Martin (129 bpm), CD "The Best Of Ricky Martin" –

64 count intro

"A Rockin' Good Way (To Mess Around And Fall In Love)" by Shakin' Stevens & Bonnie Tyler (129 bpm), CD "The Hits Of Shakin' Stevens" – 16 count intro

Section 1 Diagonal Walks, Kick, Diagonal Walks Back

1-3 Travelling on the left diagonal walk forward stepping right, left, right

4 Kick left forward and click fingers at shoulder height

5-8 Travelling diagonally back right walk back stepping left, right, left, right

Section 2 Diagonal Walks, Kick, Diagonal Walks Back

1-3 Travelling on the right diagonal walk forward stepping left, right, left

4 Kick right forward and click fingers at shoulder height

5-8 Travelling diagonally back left walk back stepping right, left, right, left

Section 3 Rocking Chair, Step, Point, Step, Point

1-2 Rock right forward, recover onto left

3-4 Rock right back, recover onto left

5-6 Step right forward, point left to left

7-8 Step left forward, point right to right

Section 4 1/4 Pivot, 1/4 Pivot, Step, Scuff, Shuffle

1-2 Step right forward, pivot 1/4 turn left

3-4 Repeat counts 1-2

5-6 Step right forward, scuff left forward

7&8 Shuffle on the spot stepping left, right, left

For a Latin feel add hip sways on the rocking chair and the 1/4 pivots

Quelle:

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