

Beat of the Music

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Lyndy Rev.09/15/2015

Music: Beat of the Music by: Brett Eldredge, 110 BPM,

**** For the Lyndy & Friends, Country Dance Workshop, Long Island, NY ****

#16 count intro

[1-8] FWD ROCK , COASTER, FWD ROCK, TURN ¼ WITH SIDE ROCK

1,2,3&4 Rock fwd L, recover R, step back L, step R next to L, step fwd L

5,6,7,8& Rock fwd R, recover L, turn ¼ right and side rock on R, recover L, & pull R next to L

[9-16] 2 RIGHT SIDE SKATES, LYNDY RIGHT

1,2 Turn 1/8 right and slide R to right side, turn 1/8 left and slide L next to R (3 o'clock)

3,4 Turn 1/8 right and slide R to right side, turn 1/8 left and slide L next to R (3 o'clock)

5&6 Step R to right side, step L next to R, step R to right side

7,8 Rock back L behind R, recover R

[17-24] CHASSE LEFT, RIGHT SAILOR, LEFT SAILOR WITH ¼ TURN LEFT, ½ PIVOT

1&2 Step L to left side, step R next to L, step L to left side

3&4 Cross R behind L, step L to left side, step R to right side

5&6 Cross L behind R, step R to right side, turn ¼ left and step forward L

7,8 Walk forward R, pivot 1/2 left onto L (6 o'clock)

[25-32] 2 STEP TOUCHES, CROSS R OVER L, ¼ TURN , COASTER

1,2,3,4 Step fwd R, touch L toe to left side, step fwd L, touch R to right side

5,6 Cross R over L, turn ¼ right and step back onto L (9 o'clock)

7&8 Step back R, step L next to R, step fwd R

Repeat, No Tags, No Restarts, No Drama

For more details, contact Lyndy by email at Dantsman@aol.com