

THE BEAT

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Paul J Bennett

Music: Ooh That Beat by The Balham Alligators

RIGHT HEEL HOOK, ¼ TURN LEFT, LEFT KICK REPLACE, RIGHT CROSS TOE STRUT

- 1-2** Touch right heel forward, hook right foot in front of left leg
- 3-4** Touch right heel forward, making ¼ turn left, step right next to left
- 5-6** Kick left foot forward, step left back in place
- 7-8** Cross touch right toe over in front of left, step right foot down

LEFT SIDE ROCK, LEFT CROSS TOE STRUT, RIGHT SIDE TOE STRUT, LEFT BEHIND ROCK STEP

- 9-10** Step left foot to left side, rock weight onto right foot
- 11-12** Cross touch left toe over in front of right, step left foot down
- 13-14** Touch right toe to right side, step right foot down
- 15-16** Step left behind right and rock weight back onto right foot

LEFT SIDE TOE STRUT, CROSS RIGHT BEHIND UNWIND-½ TURN, 2 HEEL STRUTS

- 17-18** Touch left toe to left side, step left foot down
- 19-20** Cross right behind left, unwind ½ turn right, leaving weight on left foot
- 21-24** Forward right heel strut, left heel strut

2 HEEL STRUTS, RIGHT JAZZ BOX

- 25-28** Forward right heel strut, left heel strut
- 29-32** Step right over left, step back left, step right to side, step left next to right

REPEAT