

THE BEAT

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Count: 64

Wall: 2

Level: beginner/intermediate

Choreographer: Tom & Wendy Monaghan

Music: Cowboy Beat by The Bellamy Brothers

FORWARD, BACK, TURN, STEP, HOLD, FORWARD, BACK, TURN, STEP, HOLD

1-2-3-4 Rock/ step right forward, recover onto left turning $\frac{1}{2}$ right, step right forward, hold

5-6-7-8 Rock/ step left forward, recover onto right turning $\frac{1}{2}$ left, step left forward, hold (12:00)

ROCKING CHAIR, TURN, TURN, FORWARD, HOLD

1-2-3-4 Rock right forward, rock/step back onto left, rock back onto right, rock/step forward on left

5-6-7-8 Step right back into $\frac{1}{4}$ left, turn $\frac{1}{4}$ left stepping left to side, step right forward, hold (6:00)

FORWARD, BACK, TURN, STEP, FORWARD, BACK, TURN, STEP, HOLD

1-2-3-4 Rock/ step left forward, recover onto right turning $\frac{1}{2}$ left, step left forward, hold

5-6-7-8 Rock/ step right forward, recover onto left turning $\frac{1}{2}$ right, step right forward, hold

ROCKING CHAIR, TURN, TURN, FORWARD, HOLD

1-2-3-4 Rock left forward, rock/step back on right, rock back onto left, rock/step forward on right

5-6-7-8 Step left back into $\frac{1}{4}$ right, turn $\frac{1}{4}$ right stepping right to side, step left over right, hold (12:00)

VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-2-3-4 Step right to right, step left behind right, step right to right, touch left beside right & clap

5-6-7-8 Step left to left, step right behind left, step left to left, touch right beside left & clap

HEEL STRUTS WITH CLAPS TURNING $\frac{1}{2}$ LEFT

1-2-3-4 Step right heel forward, step down on right foot, turning $\frac{1}{4}$ left step left heel forward, step down on left foot

5-6-7-8 Repeat last 4 counts (6:00)

HIP BUMPS, SWAYS

1-2-3-4 Step right forward pushing hips right, right, push hips back left, left

5-6-7-8 Hip sways: forward, back, forward, back (right left right left)

FORWARD TOUCH, BACK TOUCH

1-2-3-4 Right forward touch left beside right, left forward touch right beside left

5-6-7-8 Right back touch left beside right, left back touch right beside left

REPEAT

RESTART

Restart on walls 2 & 4 after heel struts

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=63512