

# Beam Me Up

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**Count:** 56

**Wall:** 1

**Level:** Phrased Easy Intermediate

**Choreographer:** Karine Moya (Fr) April 2015

**Music:** Beam Me Up by Hawa

**Seq: AA (32T) BAA (32T) BBA (32T) Restart A (32T) Restart A (32T) Restart A (32T) BB**

**Intro : 16 counts - Options are only for FUN**

**PART A - 48 counts**

**Section 1: (DIAGONAL): RIGHT STEP CLAP, CLAP STEP LEFT, RIGHT SHUFFLE BACK, STEP BACK TOUCH, STEP BACK TOUCH, SHUFFLE LEFT BACK**

- 1 &** Step diagonally R and clap
- 2 &** Step diagonally L and clap
- 3 & 4** Step (RLR) back diagonally
- 5 &** Step L back diagonally and step R foot next to left
- 6 &** Step R back diagonally and step L foot next to right
- 7 & 8** Shuffle (LRL) back diagonally

**Option Styling : Open and close the arms and hands diagonally with the beat, the upper body leaning slightly forward,**

**Section 2: JAZZ BOX, STEP ½ PIVOT WITH HIP X2**

- 1-2** Cross right over left, step L back
- 3-4** Step right to right, step L forward

**Option Styling: Swing both arms right to left and from left to right**

- 5-6** Step R forward pushing the hip forward, ½ turn Left stepping forward
- 7-8** Step R forward pushing the hip forward, ½ turn Left stepping forward

**Option Styling: Open both arms at the sides of the body pushing back (palms open facing backwards), close the arms after each half turn**

**Section 3: (ON RIGHT DIAGONAL) RIGHT KICK STEP FORWARD, LEFT KICK STEP FORWARD, SIDE ROCK CROSS, (ON LEFT DIAGONAL) TOE STRUT FORWARD, TOE STRUT FORWARD, SIDE ROCK CROSS**

**1 &** Kick R diagonally R, step R advancing

**2 &** Kick L diagonally R, step L advancing

**Option Styling: Swing L & R arms forwards and backwards in the opposed sense to the Kicks**

**3 & 4** Step right to right recover onto left, cross right over left

**5 &** Left Toe Strut diagonally L advancing

**6 &** Right Toe Strut diagonally L advancing

**Option Styling: Swing L & R arms forwards and backwards in the opposed sense to the Toe Strut (Palms down)**

**7 & 8** Step left to left recover onto right, cross left over right

**Section 4: SLOW HEEL STEP , FAST HEEL STEP X2 (TRAVELLING LEFT & RIGHT)**

**1-2** Cross right heel over left, step left to left, turning right heel

**3 & 4** Cross right heel over left, step left to left, turning right heel, cross right heel over left

**Option Styling: Begin with both arms bent to the R side, open palms forward, and move across the body to the L, synchronized with heel step then fast change of direction, moving hands opposite direction for L heel steps**

**5-6** Cross left heel over right, step right to right, turning left heel

**7 & 8** Cross left heel over right, step right to right, turning left heel, cross heel over right

**PART B & RESTARTS here After 32 counts**

**Section 5: STEP FORWARD, TOUCH BACK, STEP BACK, RIGHT KICK, RIGHT COASTER STEP, STEP FORWARD, PIVOT ½ TURN RIGHT, ½ TURN RIGHT STEPPING BACK, TOUCH POINT POINT**

**1 &** Step right forward, touch left behind right

**2 &** Step back left, kick R

**Option Styling : 1 & Open arms and hands wide apart R arm in front (&) stay with arms apart (2) close arms when you step back (&) Open arms and hands L arm in front**

- 3 & 4 Step back right, together left beside right, step R forward
- 5 & 6 Step L forward ½ turn right on right, ½ turn right stepping L back
- 7 & 8 Point right to R side, Touch R beside left, Point right to R side

**Option Style: When you do the POINT TOUCH POINT dip and raise the right and left shoulders each time you change**

**Section 6: BACK TOE STRUT AND SNAP X2, MONTEREY ½ TURN X2, HEEL TOE SWIVEL RIGHT AND LEFT**

**1 & R Toe Strut back snap R fingers,**

**2 & L Toe Strut back, snap L fingers**

3 & Point right to right, pivot ½ turn right, step right next to left

4 & Touch left to left, step left next to right,

5 & Point right to right, pivot ½ turn right, step right next to left

6 & Touch left to left, step left next to right,

**7 & heel toe swivel, feet turned to R**

**8 & heel toe swivel, feet turned to L**

**Option Styling : During HEEL TOE SWIVEL R, Bend the right arm to the R side & opening the hand and at the same time bend the left arm with L hand open in front of your stomach as if holding a guitar without closing hands arms change side for the HEEL TOE SWIVEL L**

**PART B - 8 counts**

**STRUTS ROUND IN A FULL CIRCLE RIGHT,, TOE HEEL TWIST RIGHT AND LEFT**

**1 & ¼ turn R, right Toe Strut, (3:00)**

**2 & ¼ turn R, left Toe Strut (6:00)**

**3 & ¼ turn R, right Toe Strut,(9:00)**

**4 & ¼ turn R, left Toe Strut(12:00)**

**Option Styling : During TOE STRUTS, bend the L arm , shaking L hand , fingers stretched, throughout the turn, while watching with your head to the L**

**5 & 6**      Twist heel Toe Heel to R,

**7 & 8**      Twist heel Toe Heel to L

**Option Styling : Begin with both arms bent to the R side, open palms forward, and move across the body to the L, synchronized with twist and then reverse with both hands bent to the left**

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