

PERFECT BEAT

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Count: 64

Wall: 4

Level: beginner/intermediate

Choreographer: Kay & Stephen Ollerhead

Music: Keep On Moving by Five

1-4 Stomp right, kick right foot forward, $\frac{1}{4}$ right sailor turn

5-8 Stomp left, kick left foot forward, $\frac{1}{4}$ left sailor turn

9-11&12 Heel switches:- right, left, right, clap hands twice

13-16 Jazz box (right over left)

17-20 Stomp right foot, hold for 1 count, left shuffle forward(left, right, left)

21-24 Stomp right foot, hold for 1 count, left shuffle forward(left, right, left)

Alternative steps

17&18&19&20 Right heel, together, left heel, together, right shuffle forward

21&22&23&24 Left heel, together, right heel, together, left shuffle forward

25-28 Step right foot forward, pivot $\frac{1}{2}$ turn left, right shuffle forward (right, left, right)

29-32 Rock forward on left foot, rock back on right foot, left coaster step

33-36 Rock right out to right side, hold, bring left foot to meet right and rock right foot out to right side

37-40 Cross rock left foot over right foot, rock back on right foot, shuffle left making a $\frac{1}{4}$ turn left (left, right, left)

41-44 Right kick ball step, body roll over 2 counts

45-48 Right kick ball step, body roll over 2 counts

- 49-51&52** Rock right foot out to right side, recover onto left foot, cross right foot behind left, step left foot to left side and cross right foot over left foot
- 53-56** Rock left foot to left side, recover onto right foot, left $\frac{1}{4}$ coaster turn (left, right, left)
- 57-60** Step forward on right foot, $\frac{1}{4}$ pivot turn left, walk right, left
- 61&62-63-64** Kick right foot forward, step back right, step back left (feet shoulder width apart), bring both heels in together, then both toes in

REPEAT

BRIDGE (WHEN DANCED TO FIVE)

After walls 2 and 3, repeat the first eight steps before starting the next wall