

The Beat Don't Stop

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Count: 68 **Wall:** 4 **Level:** Improver

Choreographer: Kate Sala (UK) - October 2021

Music: - J.J. Cale

Start on vocals.

Heel Strut Forward x 2, Rock Forward, Recover, Step Back, Hold.

1 - 4 Step forward on R heel. Drop R toe down. Step forward on L heel. Drop L toe down.

5 - 8 Rock forward on R. Recover on to L. Step back on R. Hold.

Toe Strut Back x 2, Coaster Cross, Hold.

1 - 4 Step back on L toe. Drop L heel down. Step back on R toe. Drop R heel down.

5 - 8 Step back on L. Step R next to L. Cross step L over R. Hold

Tap R Toe Out, In, Out, Hold, Weave Left, Hold.

1 - 4 Tap R toe out to right side. Tap R toe next to L instep. Tap R toe out to right side. Hold.

5 - 8 Cross step R behind L. Step L to left side. Cross step R over L. Hold.

Step Back, Hold, Step Right, Hold, Shuffle Forward, Hold.

1 - 4 Step back on L. Hold. Step R to right side. Hold.

5 - 8 Step forward on L. Step R next to L. Step forward on L. Hold.

Step Forward, Hold, Pivot 1/4 Turn Left, Hold, Cross Shuffle, Hold.

1 - 4 Step forward on R. Hold. Pivot 1/4 turn left. Hold. 9 o'clock

5 - 8 Cross step R over L. Step L to left side. Cross step R over L. Hold.

Side Step Left, Touch, Side Step Right, Touch, Step back, Heel Dig, Step Down, Hitch.

1 - 4 Step L out to left side. Touch R next to L. Step R out to right side. Touch L next to R.

5 - 8 Step back on L. Dig R heel forward. Step R in place. Hitch L knee up.

Step Back, Hitch, Step Back, Swivel Left Toe In, Out, Step Together, Pigeon Toes.

1 - 4 Step back on L. Hitch R knee up. Step back on R. Swivel L toes in.

5 - 8 Swivel L toes out. Step R next to L. Split heels. Bring heels together.

Step Out Right, Hold, Step Out Left, Hold, Pop Right Knee In, Left Knee In, Right Knee In, Hold.

1 - 4 Step R out to right side. Hold. Step L out to left side. Hold.

5 - 8 Pop R knee in. Pop L knee in as you straighten R. Pop R knee in as you straighten L. Hold

Rock Back, Recover.

1 - 4 Rock back on R. hold. Recover on to L. Hold.

Start Again Enjoy!