|  |  |
| --- | --- |
| The Beast |  |

.

|  |
| --- |
| . |
| **Count:** | 64 | **Wall:** | 4 | **Level:** | Advanced | . |
| **Choreographer:** | Rob Fowler (ES) |
| **Music:** | Somethin' in the Water - The Cheap Seats |
| . |

**STREET WISE RUNNING MAN STEPS**

|  |  |
| --- | --- |
| 1 | Jump feet shoulder width apart at diagonals (right foot forward, left foot back) |

|  |  |
| --- | --- |
| & | Jump feet together hitching left knee |

|  |  |
| --- | --- |
| 2 | Jump feet shoulder width apart at disgonals (left foot forward, right foot back) |

|  |  |
| --- | --- |
| & | Jump feet together hitching right knee |

|  |  |
| --- | --- |
| 3 | Jump feet apart |

|  |  |
| --- | --- |
| & | Jump feet together (both feet on the floor) |

|  |  |
| --- | --- |
| 4 | Jump feet apart |

|  |  |
| --- | --- |
| & | Jump feet together hitching left knee |

|  |  |
| --- | --- |
| 5 | Jump feet shoulder width apart at diagonals (left foot forward, right foot back) |

|  |  |
| --- | --- |
| & | Jump feet together hitching right knee |

|  |  |
| --- | --- |
| 6 | Jump feet shoulder width apart at diagonals (right foot forward, left foot back) |

|  |  |
| --- | --- |
| 7 | Jump feet apart |

|  |  |
| --- | --- |
| & | Jump feet together |

|  |  |
| --- | --- |
| 8 | Jump feet apart |

|  |  |
| --- | --- |
| & | Jump feet together (weight on left foot) |

**KICK-BALL-CHANGE, KICK, TOUCH, TURN, BODY ROLL**

|  |  |
| --- | --- |
| 9 | Kick right foot forward |

|  |  |
| --- | --- |
| & | Step in place with right foot |

|  |  |
| --- | --- |
| 10 | Step in place with left foot |

|  |  |
| --- | --- |
| 11 | Kick right foot forward |

|  |  |
| --- | --- |
| 12 | Touch right toe back |

|  |  |
| --- | --- |
| 13 | Turn ½ to the right on balls of both feet |

|  |  |
| --- | --- |
| 14-15 | Body roll up |

|  |  |
| --- | --- |
| 16 | Touch left next to right |

**LEFT VINE WITH ¼ TURN, JUMPS, KICK-BALL-CHANGE, HIPS, JUMP BACK**

|  |  |
| --- | --- |
| 17 | Step left foot to left side |

|  |  |
| --- | --- |
| 18 | Cross right foot behind left foot |

|  |  |
| --- | --- |
| 19 | Step left foot to left side making a ¼ turn left |

|  |  |
| --- | --- |
| & | Jump forward on both feet |

|  |  |
| --- | --- |
| 20 | Jump forward on both feet |

|  |  |
| --- | --- |
| 21 | Kick right foot forward |

|  |  |
| --- | --- |
| & | Step in place with right foot |

|  |  |
| --- | --- |
| 22 | Step in place with left foot |

|  |  |
| --- | --- |
| 23 | Push hips forward |

|  |  |
| --- | --- |
| & | Jump back on both feet |

|  |  |
| --- | --- |
| 24 | Jump back with both feet |

**SNAKE ROLLS (LEFT, RIGHT), BACK-STOMP, LOOK, HEEL TAPS WITH ¼ TURN**

|  |  |
| --- | --- |
| 25-26 | Snake roll to left side |

|  |  |
| --- | --- |
| 27-28 | Snake roll to right side |

|  |  |
| --- | --- |
| & | Step back on left foot |

|  |  |
| --- | --- |
| 29 | Step right foot forward |

|  |  |
| --- | --- |
| 30 | Look over left shoulder (face ¼ left do not turn yet) |

|  |  |
| --- | --- |
| 31 | Tap heels (raise off the ground and drop) |

|  |  |
| --- | --- |
| & | Tap heels make 1/8 turn to the left |

|  |  |
| --- | --- |
| 32 | Tap heels make 1/8 turn to the left (these two steps bring your body round to face same way as head) |

**HITCH, SLIDE, HITCH, SLIDE, TOUCH, SWEEP, TURN, HIPS**

|  |  |
| --- | --- |
| 33 | Hitch right knee across left leg |

|  |  |
| --- | --- |
| & | Step right foot out to right side |

|  |  |
| --- | --- |
| 34 | Slide left foot up to meet right (weight ends on left) |

|  |  |
| --- | --- |
| 35 | Hitch right knee across left leg |

|  |  |
| --- | --- |
| & | Step right foot out to right side |

|  |  |
| --- | --- |
| 36 | Slide left foot up to meet right (weight ends on left) |

|  |  |
| --- | --- |
| 37 | Point right toe forward |

|  |  |
| --- | --- |
| &38 | Sweep foot round behind left |

|  |  |
| --- | --- |
| 39 | Unwind ½ turn to the right |

|  |  |
| --- | --- |
| & | Push hips left |

|  |  |
| --- | --- |
| 40 | Push hips right |

**HITCH, SLIDE, HITCH, SLIDE, TOUCH, SWEEP, TURN, HIPS**

|  |  |
| --- | --- |
| 41 | Hitch left knee across right leg |

|  |  |
| --- | --- |
| & | Step left foot out to left side |

|  |  |
| --- | --- |
| 42 | Slide right foot up to meet left (weight ends on right) |

|  |  |
| --- | --- |
| 43 | Hitch left knee across right leg |

|  |  |
| --- | --- |
| & | Step left foot out to left side |

|  |  |
| --- | --- |
| 44 | Slide right foot up to meet left (weight ends on right) |

|  |  |
| --- | --- |
| 45 | Point left toe forward |

|  |  |
| --- | --- |
| &46 | Sweep foot round behind right |

|  |  |
| --- | --- |
| 47 | Unwind ½ turn to the left |

|  |  |
| --- | --- |
| & | Push hips right |

|  |  |
| --- | --- |
| 48 | Push hips left |

**ROCK STEPS, TURN, TRAVELING PIGEON TOES**

|  |  |
| --- | --- |
| 49 | Rock forward on right foot |

|  |  |
| --- | --- |
| & | Rock weight back to left foot |

|  |  |
| --- | --- |
| 50 | Rock back on right foot |

|  |  |
| --- | --- |
| & | Rock weight back onto left foot |

|  |  |
| --- | --- |
| 51 | Step right together making ¼ to the left |

|  |  |
| --- | --- |
| & | Swivel heels to the right |

|  |  |
| --- | --- |
| 52 | Swivel heels to center |

|  |  |
| --- | --- |
| 53 | Swivel left toe to left, swivel right heels to left |

|  |  |
| --- | --- |
| 54 | Swivel left heels to left, swivel right toes to left |

|  |  |
| --- | --- |
| 55 | Swivel left toe to left, swivel right heels to left |

|  |  |
| --- | --- |
| & | Swivel left heels to left, swivel right toes to left |

|  |  |
| --- | --- |
| 56 | Swivel left toes to left, swivel right heels to left |

**JUMPING JACKS, PADDLE TURNS**

|  |  |
| --- | --- |
| 57 | Jump feet shoulder width apart |

|  |  |
| --- | --- |
| & | Jump feet together |

|  |  |
| --- | --- |
| 58 | Jump feet shoulder width apart |

|  |  |
| --- | --- |
| & | Jump feet together making a ½ to the left |

|  |  |
| --- | --- |
| 59 | Jump feet shoulder width apart |

|  |  |
| --- | --- |
| & | Jump feet together |

|  |  |
| --- | --- |
| 60 | Jump feet shoulder width apart |

|  |  |
| --- | --- |
| & | Jump feet together, hitching right knee |

|  |  |
| --- | --- |
| 61 | Push right toe out to right side making 1/8 turn left |

|  |  |
| --- | --- |
| & | Hitch right knee |

|  |  |
| --- | --- |
| 62 | Push right toe out to right side making 1/8 turn left |

|  |  |
| --- | --- |
| & | Hitch right knee |

|  |  |
| --- | --- |
| 63 | Push right toe out to right side making 1/8 turn left |

|  |  |
| --- | --- |
| & | Hitch right knee |

|  |  |
| --- | --- |
| 64 | Push right toe out to right side making 1/8 turn left |

**REPEAT**