

# Perfect Beat

**Count:** 64

**Wall:** 4

**Level:** Improver

**Choreographer:** Kay Ollerhead & Stephen Ollerhead

**Music:** Keep On Movin' - Five



- 1-4 Stomp right, kick right foot forward, ¼ right sailor turn  
5-8 Stomp left, kick left foot forward, ¼ 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 ½ 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 ¼ 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 ¼ coaster turn (left, right, left)
- 57-60 Step forward on right foot, ¼ 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