

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