The Beast

Compte: 64 **Mur:** 4 **Niveau:** Advanced
Chorégraphe: Rob Fowler (ES)
Musique: 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
