

# Hitting The Beat

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: David Sickles (USA)

Musique: Mail Myself To Mexico - Buddy Jewell



## **SIDE SHUFFLE WITH BACK ROCK STEPS**

- 1&2 Step right to the right, step left next to right, step right to the right
- 3-4 Rock back on left, step forward on right
- 5&6 Step left to the left, step right next to left, step left to the left
- 7-8 Rock back on right, step forward on left

## **POINT & CROSS TWICE, TWO KICK BALL STEPS FORWARD**

- 1-2 Point right toe to right side, cross right over left
- 3-4 Point left toe to left side, cross left over right
- 5&6 Kick right foot forward, step right next to left, step forward on left
- 7&8 Kick right foot forward, step right next to left, step forward on left

**Beginners may continue the point & cross for counts 5&6 and 7&8 making the counts 5, 6, 7, 8**

## **ROCK FORWARD, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD**

- 1-2 Rock forward on right foot, step back on left
- 3&4 Step back on right, step left next to right, step back on right
- 5-6 Rock back on left foot, step forward on right
- 7&8 Step forward left, step right next to left, step forward on left

**More advanced dancers may do lock steps back and forward for counts 3&4 and 7&8**

## **QUARTER TURN LEFT PIVOT STEP, CROSS OVER & STEP BACK TWICE**

- 1-2 Step right foot forward, turn  $\frac{1}{4}$  left and step on left
- 3-4-5 Cross right over left, step back on left, step back on right
- 6-7-8 Cross left over right, step back on right, step back on left

**REPEAT**

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