

Beat Busts On

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Gary Steele (UK)

Musique: Love Today - MIKA



Begin dancing 32 counts after main vocals are heard

HITCH & STEP, SHUFFLE FORWARD LEFT, ROCKING CHAIR, ROCK RECOVER ¼ SLIDE

- 1&2 Hitch left knee above right, step left foot down, step right foot slightly more forward than average
- 3&4 Shuffle forward left, right, left
- 5&6& Rock forward right, recover onto left, rock back onto right, recover onto left
- 7&8 Rock forward onto right, recover onto left, make a ¼ turn right take a huge step right to right side

BEHIND - SIDE CROSSING SHUFFLE, POINT SWITCHES, KICK-BALL CHANGE

- 1-2 Step left foot behind right, step right to right side
- 3&4 Left crossing shuffle
- 5&6& Point right to right side, close right foot, point left to left side, close left foot
- 7&8 Kick right foot forward, step down on ball of right foot, change weight onto left foot

SYNCOPATED ROCK STEPS, ROCK RECOVER ½ TURN SHUFFLE

- 1-2& Rock forward onto right, recover onto left, close right next to left
- 3-4 Rock back onto left foot, recover weight onto right
- 5-6 Rock forward onto left foot, recover weight onto right
- 7&8 Shuffle ½ turn left stepping left, right, left

POINT SWITCHES, KICK-BALL CHANGE, ¼ TURNING -POINTS, SYNCOPATED ROCK STEPS

- 1&2& Point right to right side, close right foot, point left to left side, close left foot
- 3&4 Kick right foot forward, step down on ball of right foot, change weight onto left foot
- 5&6& Point right foot forward making a 1/8 turn left, close right next to left, point left foot forward making an 1/8 turn left, close left foot next to right. (completes ¼ turn left)
- 7-8& Rock forward onto right, recover onto left, close right next to left

ROCK RECOVER, KICK-BALL CHANGE X3

- 1-2 Rock back onto left foot, recover weight onto right
- 3&4 Kick left foot forward, step down on ball of left foot, change weight onto right foot
- 5&6 Kick left foot forward, step down on ball of left foot, change weight onto right foot
- 7&8 Kick left foot forward, step down on ball of left, step onto right foot

ROCK RECOVER, COASTER STEP, ROCK RECOVER ½ TURN SHUFFLE

- 1-2 Rock forward onto left foot, recover weight onto right
- 3&4 Step left foot back, close right next to left, step left foot forward
- 5-6 Rock forward onto right foot, recover weight onto left
- 7&8 Make a ½ turn over right shoulder shuffling right, left, right

CROSS BACK, BALL-CROSSING SHUFFLE, SIDE ROCK, BEHIND-SIDE CROSS

- 1-2 Cross left over right, step right foot back
- &3&4 Step on ball of left foot, right crossing shuffle over left
- 5-6 Rock left foot out to left side, recover weight onto right
- 7&8 Step left behind right, step right to right side, cross left in front

½ TURN MONTEREY, JAZZ BOX

- 1-2 Point right to right side, make ½ turn right closing right next to left
- 3-4 Point left to left side, close left next to right
- 5-8 Cross right over left, step left foot back, step right to right side, touch left next to right

REPEAT

TAG

Danced at end of wall 1

JAZZ BOX

- 1-4 Cross left over right, step right back, step left to left side, close right next to left

TAG 2

Danced at end of section 4 wall 4

JAZZ BOX

- 1-4 Cross left over right, step right back, step left to left side, close right next to left

After Tag 2, restart the dance from the beginning
