The Beat Goes On (La De Da De Da)



拍數: 32 牆數: 4 級數: Beginner / High Beginner

編舞者: Lynda Hamilton (USA) - April 2025

音樂: The Beat Goes On/Soul Bossa Nova - Emilie-Claire Barlow: (amazon)



Intro: 48 counts - Weight on L, Start on "Charleston"

Section 1: RIGHT STEP, TAP, WEAVE, TWIST

R step forward, L tap behind R
Recover L, step R beside L
Weave L over R, step R beside L

7, 8 Twist heels right and left

Section 2: LEFT STEP, TAP, WEAVE, TWIST

1, 2	L step forward, R tap behind L
3, 4	Recover R, step L beside R
5, 6	Weave R over L, step L beside R
7, 8	Twist heels left and right

Section 3: FOUR 1/4 PADDLES (360 degree turn) No turn option: Toe Struts

1, 2	Step R forward, with circular hips paddle 1/4 left
3, 4	Step R forward, with circular hips paddle 1/4 left
5, 6	Step R forward, with circular hips paddle 1/4 left
7, 8	Step R forward, with circular hips paddle 1/4 left

Section 4: LOCK STEP, SCUFF X 2

1, 2	Step R forward, step L behind R
3, 4	Step R forward, scuff L
5, 6	Step L forward, step R behind L
7, 8	Step L forward, scuff R

To Change Walls: Section 1 after first wall, R step diagonal, Tap, then finish ¼ turn right with Recover step and Weave on new wall.

Tag: On Wall 14 (4th time at 3:00 wall) after Section 3, add one 4-count Rocking Chair, then repeat Section 3 and resume with Section 4 Lock Steps.

Easy Beginner Version: No Tag & Slower Music: The Beat Goes On – Sonny and Cher (126 bpm) Start with lyrics

For Rylee

Thanks to the Way Out of Line Dancers at Studio 60 Senior Center in Huntsville, Alabama