

# Drop The Beat

CHOREOGRAPHED JANUARY 2006 BY JOHN H. ROBINSON, LOUISVILLE, KENTUCKY, USA  
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**DESCRIPTION:** 4-Wall Phrased Line Dance, Intermediate, 64 Counts/74 Movements

**MUSIC:** Choreographed to *Embrace* by Bee Gees (118 bpm, CD: "This Is Where I Came In"), let the guitar intro go by, then there's a 4-count crescendo, start with lyrics; ignore the phrasing and enjoy the dance. The advanced phrased version (described at the bottom of the page) fits the music better but in the end comes out exactly the same as if you ignore the phrasing! Slow your footsteps when the music slows.

**ADDITIONAL MUSIC:** *Droppin' Like Flies (Radio Mix)* by Sheila E (120 bpm, CD single), 16-count into, one restart after count 56 on 3rd repetition (facing 12:00), do a ball-change to start again; end of song, finish on the hip bumps facing the front wall. No restarts: *Flashdance* (125 bpm, 16-count intro from beat) or *Yes Sir, I Can Boogie* (126 bpm, 40-count intro from beat) by Bjorn Again (CD: "Flash Back").

## COUNT/CALL/DESCRIPTION

### HALF TURN, HALF TURNING SHUFFLE, 2 WALKS BACK, COASTER STEP

- 1,2 **Half turn** R step ball of foot forward (1), pivot 1/2 left (to 6:00) shifting weight to L (2)  
3&4 **Triple step** Pivot 1/2 left (to 12:00) stepping R back (3), L step next to R (&), R step back (4)  
5,6 **Back, back** L step back (5), R step back (6)  
7&8 **Coaster step** L step ball of foot back (7), R step ball of foot next to L (&), L step forward (8)

### POINT, CROSS, SIDE BALL-CHANGE, CROSS, SIDE, BEHIND, SIDE, PIVOT 3/4 RIGHT LIFTING LEFT

- 1,2 **Point, cross** R toe point side right (1), R step forward across L (2)  
&3,4 **Ball-change, cross** L rock ball of foot side left (&), recover to R (3), L step across R (4)  
5,6 **Side, behind** R step side right (5), L step behind R (6)  
7,8 **Side, turn** R step side right (7), pivot 3/4 right (to 9:00) raising L and tucking it next to R ankle (8)

### WALK, WALK, SIDE BALL-CHANGE, STEP TOGETHER, WALK, WALK, SIDE BALL-CHANGE, STEP TOGETHER

- 1,2 **Left, right** L step forward (1), R step forward (2)  
&3,4 **Ball-change, step** L rock ball of foot side left (&), recover to R (3), L step next to R (4)  
5,6 **Right, left** R step forward (5), L step forward (6)  
&7,8 **Ball-change, step** R rock ball of foot side right (&), recover to L (7), R step next to L (8)

### FORWARD ROCK, RECOVER, HALF TURNING SHUFFLE, FORWARD ROCK, BACK ROCK

- 1,2 **Rock, step** L rock ball of foot forward (1), recover to R (2)  
3,4 **Shuffle turn** Pivot 1/2 left (to 3:00) stepping L forward (3), R step next to L (&), L step forward (4)  
5,6 **Forward rock** R rock ball of foot forward (5), recover to L (6)  
7,8 **Back rock** R rock ball of foot back (7), recover to L (8)

### RIGHT SIDE LUNGE WITH ARM MOVEMENT, FLICK, SIDE PRESS, RECOVER, 1/4 TURNING SAILOR STEP

*On the next four counts, gradually swing right arm to right side with palm up.*

- 1,2 **Lunge, two** R toe press to right side starting right side lunge (1), continue right side lunge leaning farther right (2)  
3,4 **Three, flick** Continue lunge leaning farther right (3), recover to L brushing/flicking R foot back behind L (4)  
*Note: When dancing to "Droppin' Like Flies" or any hustle song, change counts 1-3 to three hip bumps right, gradually leaning right.*  
5,6 **Press, recover** R rock (press) side right (5), recover to L (6)  
7&8 **Sailor cross** Pivot 1/4 right (to 6:00) swinging R to step behind L (7), L step side left (&), R step across L (8)

### SIDE, BEHIND & CROSS, STEP, KICK-BALL-CROSS, SIDE, BEHIND

- 1,2 **Side, behind** L step side left (1), R step behind L (2)  
&3,4 **& Cross, step** L step side left (&), R step across L (3), L step side left (4)  
5&6 **Kick-ball-cross** R low kick to right diagonal (5), R step slightly back (&), L step across R (6)  
7,8 **Side, behind** R step side right (7), L step behind R (8)

### TOUCH SIDE, FORWARD, SIDE, STEP ACROSS, BACK, BACK, CROSS, BACK

- 1,2 **Touch, touch** R toe touch side right (1), R toe touch forward across L (2)  
3,4 **Touch, step** R toe touch side right (3), R step forward across L (4)  
5,6 **Back, back** L step back (5), R step back angling body diagonally right (6)  
7,8 **Cross, back** L step across R (7), R step back (8)

### STEP BACK, TOUCH FORWARD, STEP FORWARD, POINT LEFT, TURNING JAZZ BOX WITH COASTER STEP

- 1,2 **Back, touch** L step back angling body diagonally left (1), R toe touch in front of L (2)  
3,4 **Step, point** R step forward (3), L toe point side left (4)  
5,6 **Cross, turn** L step across R (5), pivot 1/4 left (to 6:00) stepping R side right (6)  
7&8 **Coaster step** L step ball of foot back (7), R step ball of foot next to L (&), L step forward (8)

## START AGAIN AND ENJOY!

**ADVANCED PHRASED VERSION (*Embrace*):** You will hear the restarts as slight pauses in the music. Dance all the way through once; on the 2nd repetition, you'll get to count 36 (the brush/flick after the lunge) and start over (facing the 6:00 wall). Do the dance to count 36 and start again (facing 9:00). Do the dance to count 52 and hook R instead of stepping forward so you can start again (facing 3:00). Do the dance all the way through then add the four-count lunge/flick (facing 6:00). When the music slows down, slow your footsteps to match, the regular pace will kick in after the lunge. You will have one final restart at that point; then do the entire dance until the end of the song.