

The Beat

CHOREOGRAPHERS: The Girls - Maureen & Michelle thegirls2ms@hotmail.com

DESCRIPTION: 32 count, 2 wall, Beginner Line Dance

MUSIC: Doctor Pressure by Mylo vs Miami Sound Machine 130 bpm CD: Single –
32 count intro -start 32 counts before vocals

Para Toda La Vida by Aurora Navarro 130 bpm CD: Playa Total 5 – 48 count intro

Maria (Un, Dos, Tres) by Ricky Martin 129 bpm CD: The Best Of Ricky Martin - 64 count intro

A Rockin' Good Way (To Mess Around And Fall In Love) by Shakin' Stevens & Bonnie Tyler 129 bpm
CD: The Hits Of Shakin' Stevens -16 count intro

DIAGONAL WALKS, KICK, DIAGONAL WALKS BACK

1- 3 Travelling on the left diagonal walk forward stepping right, left, right

4 Kick left forward and click fingers at shoulder height

5-8 Travelling diagonally back right walk back stepping left, right, left, right

DIAGONAL WALKS, KICK, DIAGONAL WALKS BACK

9-11 Travelling on the right diagonal walk forward stepping left, right, left

12 Kick right forward and click fingers at shoulder height

13-16 Travelling diagonally back left walk back stepping right, left, right, left

ROCKING CHAIR, STEP, POINT, STEP, POINT

17-18 Rock right forward, recover onto left

19-20 Rock right back, recover onto left

21-22 Step right forward, point left to left

23-24 Step left forward, point right to right

¼ PIVOT, ¼ PIVOT, STEP, SCUFF, SHUFFLE

25-26 Step right forward, pivot ¼ turn left

27-28 Repeat counts 25-26

29-30& Step right forward, scuff left forward

31&32 Shuffle on the spot stepping left, right, left

(For a Latin feel add hip sways on the rocking chair and the ¼ pivots)

Please Note: The original version of 'Dr Beat' by Gloria Estefan (CD: 'Greatest Hits: Volume 1') can also be used for this dance. It is a slightly slower version.