

THE BEAT

Choreographed by: Tom & Wendy Monaghan
Music: Cowboy Beat by Bellamy Brothers
Descriptions: 64 Count - 2 wall line dance - Intermediate level

FWD, BACK, TURN, STEP, HOLD, FWD, BACK, TURN, STEP, HOLD.

1234 Rock/ step R fwd, recover onto L turning $\frac{1}{2}$ R, step R fwd, Hold,
5678 Rock/ step L fwd, recover onto R turning $\frac{1}{2}$ L, step L fwd, Hold. [\[12 o'clock\]](#)

ROCKING CHAIR, TURN, TURN, FWD, HOLD.

1234 Rock R fwd, rock/step back onto L, rock back onto R, rock/step fwd on L,
5678 Step R back into $\frac{1}{4}$ L, turn $\frac{1}{4}$ L stepping L to side, step R fwd, Hold. [\[6 o'clock\]](#)

FWD, BACK, TURN, STEP, FWD, BACK, TURN, STEP, HOLD.

1234 Rock/ step L fwd, recover onto R turning $\frac{1}{2}$ L, step L fwd, Hold,
5678 Rock/ step R fwd, recover onto L turning $\frac{1}{2}$ R, step R fwd, Hold.

ROCKING CHAIR, TURN, TURN, FWD, HOLD.

1234 Rock L fwd, rock/step back on R, rock back onto L, rock/step fwd on R,
5678 Step L back into $\frac{1}{4}$ R, turn $\frac{1}{4}$ R stepping R to side, step L over R, Hold. [\[12 o'clock\]](#)

VINE RIGHT, TOUCH, VINE LEFT, TOUCH.

1234 Step R to R, step L behind R, step R to R, touch L beside R & clap,
5678 Step L to L, step R behind L, step L to L, touch R beside L & clap.

HEEL STRUTS WITH CLAPS TURNING $\frac{1}{2}$ LEFT.

1234 Step R heel fwd, step down on R foot, turning $\frac{1}{4}$ L step L heel fwd, step down on L foot,
5678 Repeat last 4 counts. [\[6 o'clock\]](#)

HIP BUMPS, SWAYS.

1234 Step R fwd pushing hips R,R, Push Hips back L,L.
5678 Hip sways: fwd, back, fwd, back (R L R L).

FWD TOUCH, BACK TOUCH.

1234 R fwd touch L beside R, L fwd touch R beside L,
5678 R back touch L beside R, L back touch R beside L.

RESTART on walls 2 & 4 after heel struts.

REPEAT

Email: linedancersxtwo@yahoo.com