



Heard The Beat

Count: 32

Wall: 4

Level: Low Intermediate

Choreographer: José Miguel Belloque Vane (NL) & Jean-Pierre Madge (CH) - October 2024

Music: The Time of Our Lives - The Venice Connection

Intro: 16 Counts, Start at approx 10 secs

SEC 1 Back Sweep, Weave, Step $\frac{1}{4}$ Side Together, Cross, $\frac{1}{4}$ Step, $\frac{1}{2}$ Back Lock Sweep

- 1 Step right back sweeping left from front to back
2&3 Step left behind right, step right to right, step left forward
4&5 Step right forward, turn $\frac{1}{4}$ right step left to left, step right beside left (3:00)

Arms 5 Click fingers at head height

- 6-7 Cross left over right, turn $\frac{1}{4}$ right step right forward
8&1 Turn $\frac{1}{4}$ right step left to left, turn $\frac{1}{4}$ right lock right over left, step left back sweeping right from front to back (12:00)

SEC 2 Behind, Side, Cross Rock, $\frac{1}{4}$ Step, Step Full Spiral, Step, $\frac{5}{8}$ Jazzbox

- 2& Step right behind left, step left to left
3-4 Cross rock right over left, recover weight onto left
&5 Turn $\frac{1}{4}$ right step right forward, step left forward spiralling full turn right hooking right over left (3:00)
6 Step right forward
7& Turn $\frac{1}{4}$ left cross left over right, turn $\frac{1}{8}$ left step right back
8& Turn $\frac{1}{4}$ left step left to left, step right forward (7:30)

SEC 3 Rock, Ball Step, $\frac{3}{8}$ Diamond, Side Rock Cross

- 1-2 Rock left forward, recover weight onto right
&3 Step left beside right, step right forward
4&5 Step left forward, turn $\frac{1}{8}$ left step right to right, step left back sweeping right from front to back (6:00)
6&7 Step right back, turn $\frac{1}{4}$ left step left to left, cross right over left (3:00)
&8& Rock left to left, recover weight onto right, cross left over right

SEC 4 $\frac{1}{4}$ Step, $\frac{1}{4}$ Heels, $\frac{1}{4}$ Ball Step, $\frac{1}{4}$ Heels, $\frac{1}{4}$ Ball Step, $\frac{1}{4}$ Heels, Ball Point Out In Out, Hitch

- 1-2 Turn $\frac{1}{4}$ right step right forward, turn $\frac{1}{4}$ left twist both heels to right (3:00)
&3-4 Step left beside right, turn $\frac{1}{4}$ right step right forward, turn $\frac{1}{4}$ left twist both heels to right (3:00)
&5-6 Step left beside right, turn $\frac{1}{4}$ right step right forward, turn $\frac{1}{4}$ left twist both heels to right (3:00)

Note Keep body facing 3:00 on counts 1-6 only turn feet

- &7&8& Step left beside right, point right to right, touch right beside left, point right to right, hitch right knee

Quelle: <https://www.copperknob.co.uk/>