

THE BEAST

Choreographer: Rob Fowler (UK)

Suggested Music: "Something In The Water" by The Cheap Seats (112 BPM)

Available on "Linedance Fever 5", and the CD "Call It What You Want" by The Cheap Seats.

Description: Advanced 4-Wall Line Dance

Streetwise Running Man Steps

1&2& Jump feet shoulder width apart at diagonals (Right forward and left back), Jump feet together hitching left knee, Jump feet shoulder width apart at diagonals (Left forward and Right back), Jump feet together hitching right knee

3&4& Jump feet shoulder width apart, Jump feet together, Jump feet shoulder width apart, Jump feet together hitching left knee

5&6 Jump feet shoulder width apart at diagonals (Left forward and right back), Jump feet together hitching Right knee, Jump feet shoulder width apart at diagonals (Right forward and left back),

7&8& Jump feet apart, Jump feet together, Jump feet apart, Jump feet together with weight on left foot

Kick ball change, Kick, Touch, Turn, Body roll

1&2 Kick Right forward, Step Right next to left, Step Left next to right

3-4 Kick Right forward, Touch Right toe back

5-8 Turn 1/2 turn right on balls of both feet, body roll up for 2 counts, Touch Left next to right

Grapevine 1/4 turn, 2 Jumps, Kick ball change, Hip push, 2 Jumps back

1-2 Step Left to left side, Step Right behind left

3&4 Step Left 1/4 turn left, Jump forward with both feet twice

5&6 Kick Right forward, Step Right next to left, Step Left in place

(Whenever I've seen this danced, most people seem to: kick, step *back* on right, step *together* left)

7&8 Push both hips forward (7), Jump or *scoot* back on both feet twice (&8)

Snake rolls, Back Step, Head turn, Heel taps with 1/4 turn

1-4 2 count snake roll to left side, 2 count snake roll to right side

&5-6 Step Left back (&), Step Right forward (5), Turn head to look 1/4 turn left (6)

7&8 Raise and lower both heels in place, Raise and lower both heels turning 1/8 turn left, Raise and lower both heels turning 1/8 turn left (*This will line up your body with your head*)

Right: Hitch-step-slide x 2, Touch, Sweep, Turn, Hip pushes

1&2 Hitch Right knee across left leg, Step Right to right side, Slide left to step next to right

3&4 Hitch Right knee across left leg, Step Right to right side, Slide left to step next to right

5-6 Touch Right toe in front of left, Sweep Right around behind left

7&8 Unwind full turn right, Bump hips left, Bump hips right

Left: Hitch-step-slide x 2, Touch, Sweep, Turn, Hip pushes

1&2 Hitch Left knee across right leg, Step Left to left side, Slide Right to step next to left

3&4 Hitch Left knee across right leg, Step Left to left side, Slide Right to step next to left

5-6 Touch Left toe in front of right, Sweep Left around behind right

7&8 Unwind full turn left, Bump hips right, Bump hips left

Rock steps, Turn, Travelling pigeon toes

1&2& Rock forward on right, recover weight back onto left, Rock back on right, recover weight on left

3&4 Step forward on right, pivot 1/4 turn left swivelling heels right, Swivel heels back to centre

5-6 Swivel Left toe and Right heel to left, Swivel Left heel and Right toe to left

7&8 Swivel Left toe and Right heel to left, Swivel Left heel and Right toe to left, Swivel Left toe and Right heel to left

Jumping Jacks, Paddle Turns

1&2& Jump feet shoulder width apart, Jump feet together, Jump feet shoulder width apart, Jump feet together turning 1/2 turn left

3&4& Jump feet shoulder width apart, Jump feet together, Jump feet shoulder width apart, Jump feet together hitching Right knee

5&6& Push Right toe to right side turning 1/8 turn right, Hitch Right knee, Push Right toe to right side turning 1/8 turn right, Hitch Right knee

7&8 Push Right toe to right side turning 1/8 turn right, Hitch Right knee, Push Right toe to right side turning 1/8 turn right

Begin Dance Again!