

# Heard The Beat

Count: 32

Wall: 4

Level: Low Intermediate

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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