

The Beat

32 count, 2 wall, beginner level

Choreographer: The Girls (Maureen & Michelle)
(England) Nov 2005

Choreographed to: Doctor Pressure by Mylo vs Miami
Sound Machine, CD: single (130 bpm)

32 count intro (start 32 counts before vocals)

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.

Alternative Music: 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
