

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 ¼ Side Together, Cross, ¼ Step, ½ 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 ¼ 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 ¼ right step right forward
8&1 Turn ¼ right step left to left, turn ¼ right lock right over left, step left back sweeping right from front to back (12:00)

SEC 2 Behind, Side, Cross Rock, ¼ Step, Step Full Spiral, Step, ⅝ Jazzbox

- 2& Step right behind left, step left to left
3-4 Cross rock right over left, recover weight onto left
&5 Turn ¼ right step right forward, step left forward spiralling full turn right hooking right over left (3:00)
6 Step right forward
7& Turn ¼ left cross left over right, turn ⅝ left step right back
8& Turn ¼ left step left to left, step right forward (7:30)

SEC 3 Rock, Ball Step, ⅜ 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 ⅝ left step right to right, step left back sweeping right from front to back (6:00)
6&7 Step right back, turn ¼ 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 ¼ Step, ¼ Heels, ¼ Ball Step, ¼ Heels, ¼ Ball Step, ¼ Heels, Ball Point Out In Out, Hitch

- 1-2 Turn ¼ right step right forward, turn ¼ left twist both heels to right (3:00)
&3-4 Step left beside right, turn ¼ right step right forward, turn ¼ left twist both heels to right (3:00)
&5-6 Step left beside right, turn ¼ right step right forward, turn ¼ 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