

Choreographer Jos.Dierickx	BEAT OF YOUR
Beverlosestwg.14 B 2	Music : Hayley Westenra CD Hayley Westenra : Pure - Track 11- music adapted
3583 Paal - Belgium	Rhythm : Slowfox
Tel.:0032/474/67.83.84	Phase : III+1 (Diamondturn) + U (Lace Box)
E-Mail :	Footwork: Opposite,except where noted
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	Sequence: INTRO – A – BRIDGE – AB – A – END

INTRO

01-02	Wait 2 Meas in	- Wait in CL pos LOD ; - Wait ;
03-04	Sway L. & R. Dip-Back & Recover	- Sd L incline body to L, -tch R to L , - Sd R, incline body to R, tch L to R, - ; - Bk L ckg, -, recover R, - to LOD ;

PART A

01-02	Diamond Turn 1/2	- Fwd L to Bjo DLC, sd R turng LF, bk L to Bjo DRC ;
03	Quick Diamond 4	- Fwd L start LF trn, sd R cont trn, bk L cont trn, bk R to CP LOD ;
04	Dip-Back & Recover to SCAR	- Dip bk L twd RLOD, -, rec. R, - to SCAR DLW ;

05-07	3 Cross Hovers ending Semi	- XLif (W XRib), -, sd R w/ slight rise trn LF, rec L to BJO DLC; - XRif (W XLib), -, sd L w/ slight rise trn RF, rec R to SCAR DLW;
08	Pick Up,side,close	- Fwd R trng to fc LOD (Fwd L trng to fc ptrn & RLOD) , - , sd &Fwd L , cl R to L to CP
09-10	2 Left Turns to Wall	- CP LOD Fwd L stg LF upper bdy trn, -, cont trn sd & bk R, cl L to CP DRC (W bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R); - Bk R stg LF upper bdy trn, -, cont trn sd & fwd L, cl R to CP WALL (W fwd L stg LF
11	Hover to Semi	- Fwd L, -, fwd & sd R rise to ball of ft, rec L to tight SCP LOD (W bk R, -, bk & sd L trn
12	Forward Hover to Bjo	- Fwd R, -, fwdL w/ slight rise & LF trng, rec R (W fwd L, -, fwd & sd R w/ slight rise &
13	Back Hover to Semi	- Bk L,-, sd & bk R twd rlod & hover trng W to scp.lod, rec sd.fwd L to SCP LOD;
14	Manuver	- Comm RF turn fwd R, cont RF trn sd L to CP/RLOD, cl R ;
15	Spin Turn to RLOD	- Comm RF upper body trn bk L toeing in pivot,-, fwd R betw W's ft, sd & bk L(W comm RF upper body trn fwd R heel to toe betw M's ft pivot ½ RF, -,bk on L
16	½ Back Box	- Bk R, -, sd L, cl R to L CP LOD;
3° TIME		
15	Over- SpinTurn to DLW	- Comm RF upper body trn bk L toeing in pivot ½ RF, -, cont trn fwd R betw W's ft, -, rec sd & bk L;(W: comm RF upper body trn fwd R heel to toe betw M's ft

16	½ Back Box	- Bk R, -, sd L, cl R to Wall;
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BRIDGE

01-02	Sway L. & R.	- Repeat meas 03 Part INTRO ; - Repeat meas 04 Part INTRO ;
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PART B

01-04	Left Turning Box w/ LACE	- Fwd L trng LF to COH, sd R, cl L to R; - Bk R trng LF to RLOD, sd L, cl R to L (W fwd L,R,L); - Fwd L trng LF to WALL, sd R, cl L tot R (W fwd R & ½ RF to fc sd L cl R to L);
05	Forward Run 2	- Fwd L,-, fwd R,L;
06	Manuver	- Stg RF trn fwd R, -, cont trn sd L, cl R to L CP RLOD (W stg RF trn bk L, -, cont trn
07	Over-Spinturn	- Repeat Meas 15 Part A 3° Time;
08	Back & L.Chassé to Bjo	- Bk R, -, sd & fwd L/cl R, sd & fwd L w/ LF trn to BJO DLW;
09	Manuver	- Repeat Meas 14 Part A;
10-11	2 Right Turns to Wall	- CP RLOD Bk L trn RF, -, cont trn sd R, cl L to CP DLC (W fwd R trn RF, -, cont trn sd L, cl R); - Fwd R trn RF, -, cont trn sd L, cl R to CP WALL (W bk L trn RF, -, cont

12	Whisk	- Fwd L, -, fwd & sd R stg rise to ball of ft, XLib cont to full rise to ball of ft to tight SCP DLC (W bk R, -, bk & sd L stg to rise to ball of ft, XRib cont to full rise to ball of
13-14	Man Across Lady Across	- Fwd R comm. RF turn, sd & fwd L XIF of W cont turn, sd & fwd R to left half open with M's R & W's L arms out to sd ; - M fwd L, R, L short stps adj to W's action (W fwd R comm. RF turn, sd & fwd L XIF of M cont. Turn, fwd & sd R) in half open with M's L & W's R arms out to sd fcg
15	Thru & Chassé to Semi	- Fwd R trn to fc, -, sd L/cl R, sd & fwd L trng to SCP LOD;
16	Pick Up,side,close	- Repeat meas 8 Part A;

ENDING

01	Hover to Semi	- Repeat meas 11 Part A;
02	Forward Hover to Bjo	- Repeat meas 12 Part A;
03	Back Hover to Semi	- Repeat meas 13 Part A;
04	Manuver	- Repeat meas 14 Part A;
05	Spin Turn to RLOD	- Repeat meas 15 Part A;
06	½ Back Box	- Repeat meas 16 Part A;
07-08	Sway L & R	- Repeat meas 03 Part INTRO ; - Bk L,- & Hold till end of Music ;