

# THE BEAST

Count: 64      Wall: 4      Level: Advanced  
Choreographer: Rob Fowler  
Music: Something In The Water by The Cheap Seats

## **STREET WISE RUNNING MAN STEPS**

- 1      Jump feet shoulder width apart at diagonals (right foot forward, left foot back)
- &      Jump feet together hitching left knee
- 2      Jump feet shoulder width apart at diagonals (left foot forward, right foot back)
- &      Jump feet together hitching right knee
- 3      Jump feet apart
- &      Jump feet together (both feet on the floor)
- 4      Jump feet apart
- &      Jump feet together hitching left knee
- 5      Jump feet shoulder width apart at diagonals (left foot forward, right foot back)
- &      Jump feet together hitching right knee
- 6      Jump feet shoulder width apart at diagonals (right foot forward, left foot back)
- 7      Jump feet apart
- &      Jump feet together
- 8      Jump feet apart
- &      Jump feet together (weight on left foot)

## **KICK-BALL-CHANGE, KICK, TOUCH, TURN, BODY ROLL**

- 9      Kick right foot forward
- &      Step in place with right foot
- 10     Step in place with left foot
- 11     Kick right foot forward
- 12     Touch right toe back
- 13     Turn  $\frac{1}{2}$  to the right on balls of both feet
- 14-15 Body roll up
- 16     Touch left next to right

## **LEFT VINE WITH $\frac{1}{4}$ TURN, JUMPS, KICK-BALL-CHANGE, HIPS, JUMP BACK**

- 17     Step left foot to left side
- 18     Cross right foot behind left foot
- 19     Step left foot to left side making a  $\frac{1}{4}$  turn left
- &      Jump forward on both feet
- 20     Jump forward on both feet
- 21     Kick right foot forward
- &      Step in place with right foot
- 22     Step in place with left foot
- 23     Push hips forward
- &      Jump back on both feet
- 24     Jump back with both feet

## **SNAKE ROLLS (LEFT, RIGHT), BACK-STOMP, LOOK, HEEL TAPS WITH $\frac{1}{4}$ TURN**

- 25-26 Snake roll to left side
- 27-28 Snake roll to right side
- &      Step back on left foot
- 29     Step right foot forward

- 30 Look over left shoulder (face  $\frac{1}{4}$  left do not turn yet)
- 31 Tap heels (raise off the ground and drop)
- & Tap heels make  $\frac{1}{8}$  turn to the left
- 32 Tap heels make  $\frac{1}{8}$  turn to the left (these two steps bring your body round to face same way as head)

### **HITCH, SLIDE, HITCH, SLIDE, TOUCH, SWEEP, TURN, HIPS**

- 33 Hitch right knee across left leg
- & Step right foot out to right side
- 34 Slide left foot up to meet right (weight ends on left)
- 35 Hitch right knee across left leg
- & Step right foot out to right side
- 36 Slide left foot up to meet right (weight ends on left)
- 37 Point right toe forward
- &38 Sweep foot round behind left
- 39 Unwind  $\frac{1}{2}$  turn to the right
- & Push hips left
- 40 Push hips right

### **HITCH, SLIDE, HITCH, SLIDE, TOUCH, SWEEP, TURN, HIPS**

- 41 Hitch left knee across right leg
- & Step left foot out to left side
- 42 Slide right foot up to meet left (weight ends on right)
- 43 Hitch left knee across right leg
- & Step left foot out to left side
- 44 Slide right foot up to meet left (weight ends on right)
- 45 Point left toe forward
- &46 Sweep foot round behind right
- 47 Unwind  $\frac{1}{2}$  turn to the left
- & Push hips right
- 48 Push hips left

### **ROCK STEPS, TURN, TRAVELING PIGEON TOES**

- 49 Rock forward on right foot
- & Rock weight back to left foot
- 50 Rock back on right foot
- & Rock weight back onto left foot
- 51 Step right together making  $\frac{1}{4}$  to the left
- & Swivel heels to the right
- 52 Swivel heels to center
- 53 Swivel left toe to left, swivel right heels to left
- 54 Swivel left heels to left, swivel right toes to left
- 55 Swivel left toe to left, swivel right heels to left
- & Swivel left heels to left, swivel right toes to left
- 56 Swivel left toes to left, swivel right heels to left

### **JUMPING JACKS, PADDLE TURNS**

- 57 Jump feet shoulder width apart
- & Jump feet together
- 58 Jump feet shoulder width apart
- & Jump feet together making a  $\frac{1}{2}$  to the left

- 59 Jump feet shoulder width apart
- & Jump feet together
- 60 Jump feet shoulder width apart
- & Jump feet together, hitching right knee
- 61 Push right toe out to right side making 1/8 turn left
- & Hitch right knee
- 62 Push right toe out to right side making 1/8 turn left
- & Hitch right knee
- 63 Push right toe out to right side making 1/8 turn left
- & Hitch right knee
- 64 Push right toe out to right side making 1/8 turn left

**REPEAT**