

Beauty And The Beat

Count: 64

Wall: 4

Level: Beginner

Choreographer: Alison Metelnick (UK) - December 2007

Music: You Are So Beautiful - Mark Medlock : (CD: Mr Lonely)



(Start on verse vocals, 32 counts after the heavy beat kicks in)

R side, L together, R side shuffle, L cross rock & recover, L side shuffle with ¼ L

- 1-2 Step R side, step L together
- 3&4 Step R side, step L together, step R side
- 5-6 Cross rock L over R, recover weight on R
- 7&8 Step L side, step R together, turning ¼ left step L forward

R & L fwd struts, R fwd rock & recover, R coaster cross

- 1-4 Touch R fwd, step R heel down, touch L fwd, step L heel down
- (Option: turn full turn L on struts)
- 5-6 Rock R forward, recover weight on L
- 7&8 Step R back, step L together, cross step R over L

L side, R together, L side shuffle, R cross rock & recover, R side shuffle with ¼ R

- 1-2 Step L side, step R together
- 3&4 Step L side, step R together, step L side
- 5-6 Cross rock R over L, recover weight on L
- 7&8 Step R side, step L together, turning ¼ right step R forward (12 o'clock)

L & R fwd struts, L fwd rock & recover, L coaster cross

- 1-4 Touch L forward, step L heel down, touch R forward, step R heel down
- (Option: turn full turn R on struts)
- 5-6 Rock L forward, recover weight on R
- 7&8 Step L back, step R together, cross step L over R

¼ R monterey, L side shuffle, R back rock & recover

- 1-2 Touch R toes to R side, turning ¼ right step R together
- 3-4 Touch L toes to L side, touch L toes together
- 5&6 Step L side, step R together, step L side
- 7-8 Rock R back, recover weight on L

Grapevine R with ½ R & scuff, L side shuffle, R back rock & recover

- 1-2 Step R side, cross step L behind
- 3-4 Turning ¼ right step R forward, turning ¼ R on R scuff L forward
- 5&6 Step L side, step R together, step L side
- 7-8 Rock R back, recover weight on L

Alternative steps for counts 3-6

- 3&4 Turning ¼ right shuffle forward
- 5&6 Turning ¼ right side shuffle left

¼ R monterey, L side shuffle, R back rock & recover

- 1-3 Touch R toes to R side, turning ¼ right step R together
- 3-5 Touch L toes to L side, touch L toes together
- 5&6 Step L side, step R together, step L side
- 7-9 Rock R back, recover weight on L

Weave R 2, ¼ R & fwd shuffle, L fwd rock & recover, L coaster cross

1-2	Step R side, cross L behind R
3&4	Turning $\frac{1}{4}$ right step R forward, step L together, step R forward
5-6	Rock L forward, recover weight on R
7&8	Step L back, step R together, cross step L over R
