

# The Beast

Rob Fowler

Type : 64 Count, 4 Wall, Counter Clockwise  
 Level : Modern Line Dance Division A, Dance A  
 Music : "Somethin' In The Water" by Cheap Seats (BPM 111)

## RUNNING MEN (RLRR, LLLL)

1 BF Jump out (RF forward)  
 & RF Hop together, LF hitch  
 2 BF Jump out (LF forward)  
 & LF Hop together, RF hitch  
 3 BF Jump out (RF forward)  
 & BF Jump together  
 4 BF Jump out (RF forward)  
 & RF Hop together, LF hitch  
 5 BF Jump out (LF forward)  
 & LF Hop together, RF hitch  
 6 BF Jump out (RF forward)  
 & RF Hop together, LF hitch  
 7 BF Jump out (LF forward)  
 & BF Jump together  
 8 BF Jump out (LF forward)  
 & LF Hop together, RF hitch

## KICK BALL CHANGE, KICK TOUCH ½

### TURN R, BODY ROLL 2X

9 RF Kick forward  
 & RF Step together  
 10 LF Step in place  
 11 RF Kick forward  
 & RF Touch backwards  
 12 ½ Turn R  
 13 Start body roll backwards  
 14 Finish body roll backwards  
 LF Weight backwards  
 15 Start body roll forward  
 16 Finish body roll forward  
 RF Weight forward

## GRAPEVINE L, HOP 2X, KICK OUT OUT, BODY ROLL OUT OUT

17 LF Step L  
 18 RF Cross behind  
 19 LF ¼ Turn L, step L (3.00)  
 & BF Hop forward  
 20 BF Hop forward  
 21 RF Kick forward  
 & RF Step R  
 22 LF Step L  
 23 Body roll backwards  
 & RF Step backwards out  
 24 LF Step backwards out

## SNAKE ROLL 2X, BALL CHANGE, HEAD L, HEEL BOUNCE 3X

25 LF Weight L, snake roll L  
 26 Finish snake roll  
 27 RF Weight R, snake roll R  
 28 Finish snake roll  
 & LF Step backwards  
 29 RF Step forward  
 30 Look L  
 31 BF Bounce heels } make  
 & BF Bounce heels } ¼ Turn L  
 32 BF Bounce heels } (12.00)  
 LF Weighted

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## HITCH SLIDE R 2X, TOUCH SWEEP TOUCH, FULL TURN R

33	RF	Hitch
&	RF	Step R
34	LF	Slide together
35	RF	Hitch
&	RF	Step R
36	LF	Slide together
37	RF	Touch crossed over
38	RF	Sweep backwards
	RF	Cross behind
39		Start full turn R
40		Finish full turn R (12.00)
	RF	Weighted

## HITCH SLIDE L 2X, TOUCH SWEEP TOUCH, FULL TURN L

41	LF	Hitch
&	LF	Step L
42	RF	Slide together
43	LF	Hitch
&	LF	Step L
44	RF	Slide together
45	LF	Touch crossed over
46	LF	Sweep backwards
	LF	Cross behind
47		Start full turn L
48		Finish full turn L (12.00)
	LF	Weighted

## ROCK STEP 2X, FORWARD SWIVEL, TRAVELING APPLE JACKS L

49	RF	Step forward
&	LF	Recover weight
50	RF	Step backwards
&	LF	Recover weight
51	RF	Step forward
&	BF	¼ Turn L, swivel heels R (9.00)
52	BF	Swivel heels centre
53	RF	Swivel heel L
	LF	Step L with toe L
54	RF	Swivel toe L
	LF	Swivel heel L
55	RF	Swivel heel L
	LF	Swivel toe L
&	RF	Swivel toe L
	LF	Swivel heel L
56	RF	Swivel heel L
	LF	Swivel toe L

## JUMPING JACK 2X, ½ PADDLE TURN L 3X, TOGETHER

57	BF	Jump side
&	BF	Jump together
58	BF	Jump side
&	BF	Jump together
59	BF	½ Turn L, jump side (3.00)
&	BF	Jump together
60	BF	Jump side
&	BF	Jump together
61	LF	½ Turn L, RF touch R (9.00)
62	LF	½ Turn L, RF touch R (3.00)
63	LF	½ Turn L, RF touch R (9.00)
64	RF	Touch together