

## Beat Of Love

32 count, 4 wall, intermediate level  
Choreographer: Michele Perron and Jo  
Thompson (Can & USA) Feb 2002  
Choreographed to: Beat of Love by En Vogue (1  
04 BPM) CD: Masterpiece Theatre (32 Count  
Introduction); Shackles by Mary, Mary

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### ACROSS, UNWIND WITH HEEL DROPS; FORWARD, FORWARD, ROCK RECOVER, BACK

- 1 Step RIGHT tightly across front of L  
2,3,4 Unwind 3/4 Turn L dropping both heels 3 times, weight ends L\*\*  
\*\* (Option: Syncopate Heel drops on 3&4)  
(Optional Arm Styling: During the 3/4 turn, slowly lift both hands out and up to the sides, bending elbows, ending with palms up shoulder height)  
5,6 RIGHT, LEFT Steps forward (hands come down as you step forward)  
7&8 RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step back

### BACK, FORWARD, TRIPLE FORWARD, CROSS, HOLD, BALL, CROSS, BALL, CROSS

- 1,2 LEFT Step back execute 1/4 Turn R; Execute another 1/4 Turn R RIGHT Step forward  
3&4 LEFT Triple step forward  
5,6 RIGHT Step across front of L; HOLD  
& 7 LEFT Step to side L with ball of L; RIGHT Step across front of L  
& 8 LEFT Step to side L with ball of L; RIGHT Step across front of L  
(Optional Arm and Head Styling: On count 5, sharply look to the L, place thumb side of L hand to chest, fingers up, palm facing R and extend R arm to R side with fingers up, palm out to R side. Stay this way through count 8, then allow arms to come down and look forward.)

### HITCH, TURN, SIDE-TOGETHER-ACROSS, REPEAT

- 1,2 LEFT Knee Hitch (L foot near inside of R knee) executing 1/4 Turn R; LEFT Step across front of R  
3&4 RIGHT Step to side R, LEFT Step next to R, RIGHT Step across front of L  
5,6 LEFT Knee Hitch (L foot near inside of R knee) executing 1/4 Turn R; LEFT Step across front of R  
7&8 RIGHT Step to side R, LEFT Step next to R, RIGHT Step across front of L

### SIDE, SHIMMY, SHINMY, TOGETTIER, ACROSS, HOLD, ACRODSS, & BEHIND, &

- 1-4 LEFT (Large) Step to side L; 2 Count shimmies as R slides towards L, RIGHT Step next to L  
(For the shimmies, try different Egyptian type movements, head side to side, hips and ribs side to side, one shoulder up, one down, and switch, etc.)  
(Optional Arm Styling: During the shimmies, in one smooth motion, both hands cross starting at waist level, rising up to the chest with backs of hands facing each other, then go out to the sides, ending with elbows bent, hands palms up shoulder height, or for fun, put both hands up over head, palms together, fingers pointing up, elbows out)]  
5,6 LEFT Step across R; Hold (hands come down as you step across)  
& 7 RIGHT Rock ball of R across front of L; LEFT Recover/step behind R  
& 8 RIGHT Rock ball of R crossed behind L; LEFT Recover/step in front of R

Note: At end of song, for final pose, Step R foot tightly across front of L, place hands up to side, palms up.