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Sequence: Intro, A, B, B, A, A, Tag, B

INTRO

SEC 1 ARM MOVEMENTS

- 1-2-3 Bring both arms slowly up from side of body with palms facing up
- 4 Push both hands out to side
- 5-6 Bring both arms in front of chest with palms facing outwards
- 7 With both arms extended forward in front of chest, slowly bring L fingertips facing down
- 8 R fingertips stays facing up while R thumb and L thumb interlock with each other

Part A

SEC 1 FAN SWIVEL, HOLD, BALL, SIDE, PRESS, TWIST KNEE OUT, ROCK

- 1-2 Swivel R toes to R and L heel to L, bring back to center (12:00)
- 3&4 Transfer weight to L, close R next to L, step L to L side (12:00)
- 5-6 Press L to L side, drop L heel, open body to R diagonal and twist R knee out to R while standing on ball of R (12:00)
- 7-8 Rock on R while still standing on ball of R, recover on L (12:00)

SEC 1 ARMS

- Note** Both arms extended forward in front of chest, slowly bring L fingertips facing down, R fingertips stays facing up while R thumb and L thumb interlock with each other
- 1 Fan L hand up and to the R as R hand fans down and to the L
 - 2 Recover back to neutral as you close both hands to a fist next to each other in front of chest
 - 3 Roll knuckles up on R hand from R pinkie, extending each knuckle up and then back down in a wave to R index finger
 - & Continue waving on L hand, rolling the knuckles from L index finger to L pinkie
 - 4 Hands are back in fisted position in front of chest
 - 5 Take L arm diagonal up to the L R hand stays in position
 - & Bring L hand back to R hand
 - a Bring R hand diagonally down to the R
 - 6 Head looks $\frac{1}{4}$ turn R as you bring R hand in front of mouth (12:00)
 - 7-8 Open R fist from pinkie to index and then close from pinkie to index in a wave

SEC 2 LOOK, CHASSE, TRIPLE STEP BACK, HITCH BALL STEP

- 1 Hold and bring R hand behind head circling around the L side of head, ending with R thumb at chin
- &2 Head look up with R thumb on chin head look L with R thumb on chin while body opens to L diagonal
- 3&4 Step L to L side and brush L shoulder with R hand, step R next to L, step L to L side and brush L shoulder with R hand
- 5&6 Keep both feet apart and step R back, step L back while feet are apart, step R back while feet are apart
- 7&8 Step L back and hitch R, step R forward, step L forward

Beatbox Betty

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Beatbox Betty

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SEC 3 STEP, SWIVEL, HITCH, KNEE TWIST OUT, IN, OUT, BODYROLL, ¼ TURN, PONY BACK

- 1&2& Step R forward, swivel both heels forward, swivel both heels back to center, hitch L knee
- 3-4 Step L to L with L knee out, on ball of L, twist L knee in, on ball of L, twist L knee out
- 5-6& Bodyroll to the R, bodyroll to the L ¼ turn L and bring both hands under the shoulder, palms facing forward (9:00)
- 7&8 Stretch arms forward while stepping R backwards and hitch L knee, step L back, step R backwards and hitch L knee

SEC 4 WALK DIAGONALLY BACK, ¾ COASTER CROSS, PONY STEP, CROSS ½ UNWIND

- 1-2 Turn ½ R and big step L backwards, big step R backwards (10:30)
- 3&4& Big step L backwards, step R next to L, ¾ turn L and cross L over R step R to R side (6:00)
- 5&6& Cross L behind R and hitch R knee, step R to R side, cross L behind R and hitch R knee, step R to R side
- 7-8 Cross L behind R, unwind ½ turn L ending with feet apart (12:00)

Part B

SEC 1 BODY ROTATION, BODY ROTATION

- 1-4 Lean body to L as you start to rotate upper body around and to the right in a counter clockwise motion hands out to either side, at shoulder level with palm facing upwards like matrix style
- &5-8 Slightly hitch R knee as you pull palms into either side of chest step R to R side push both palms out to diagonally to R and reverse the flow of the turn back to L as you push both hands forward with open palms facing forward

SEC 2 ARM WAVES FORWARD, ARM WAVES BACK, CHEST PULSE, ROCK OUT WITH ARM STRETCH

- & Hitch R as you bring L hand up palm facing forward, and R hand down palm facing back
- 1 Step R forward and snake L hand down at the same time snake R hand up and forward
- & Start leaning forward bring L hand up and forward with palm facing forward at the same time snake R hand down and forward with hand palm facing back
- 2 Lean all the way forward and snake L hand down and forward at the same time snake R hand up and forward ending with fingertips almost touching
- 3&4 Recover on L and reverse the arm movements, step R next to L and end with both hands on chest
- & While both hands still, stand on ball of feet and the push chest forward, at the same time both palms facing each other, fingertips pointing forward
- a5-6& Recover chest, push L knee out on ball of L as you lean R and extend R hand diagonally out to R with hand open and palm facing inwards, recover back bring arms in
- 7-8& Push R knee out on ball of R as you lean L and extend L hand diagonally out to L with hand open and palm facing inwards, recover back bring arms in

Tag

HEADROLL

- 1-4 Feet are apart, roll head ccw from front, left, back and to the right

Ending The last time doing part b, end with the chest pulse, head facing down looking at chest



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