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| Heard The Beat |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Low Intermediate | . |
| **Choreographer:** | José Miguel Belloque Vane (NL) & Jean-Pierre Madge (CH) - October 2024 |
| **Music:** | The Time of Our Lives - The Venice Connection |
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**Intro: 16 Counts, Start at approx 10 secs**

**SEC 1 Back Sweep, Weave, Step ¼ Side Together, Cross, ¼ Step, ½ Back Lock Sweep**

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| 1 | Step R back sweeping L from front to back |
| 2&3 | Step L behind R, step R to R, step L forward |
| 4&5 | Step R forward, turn ¼ R step L to L, step R beside L (3:00) |

**Arms 5 Click fingers at head height**

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| 6-7 | Cross L over R, turn ¼ R step R forward (6:00) |
| 8&1 | Turn ¼ R step L to L, turn ¼ R lock R over L, step L back sweeping R from  front to back (12:00) |

**SEC 2 Behind, Side, Cross Rock, ¼ Step, Step Full Spiral, Step, ⅝ Jazzbox**

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| 2& | Step R behind L, step L to L |
| 3-4 | Cross rock R over L, recover weight onto L |
| &5 | Turn ¼ R step R forward, step L forward spiralling full turn R hooking R over L (3:00) |
| 6 | Step R forward |
| 7& | Turn ¼ L cross L over R, turn ⅛ L step R back |
| 8& | Turn ¼ L step L to L, step R forward (7:30) |

**SEC 3 Rock, Ball Step, ⅜ Diamond, Side Rock Cross**

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| 1-2 | Rock L forward, recover weight onto R |
| &3 | Step L beside R, step R forward |
| 4&5 | Step L forward, turn ⅛ L step R to R, step L back sweeping R from front to back (6:00) |
| 6&7 | Step R back, turn ¼ L step L to L, cross R over L (3:00) |
| &8& | Rock L to L, recover weight onto R, cross L over R |

**SEC 4 ¼ Step, ¼ Heels, ¼ Ball Step, ¼ Heels, ¼ Ball Step, ¼ Heels, Ball Point Out In Out, Hitch**

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| 1-2 | Turn ¼ R step R forward, turn ¼ L twist both heels to R (3:00) |
| &3-4 | Step L beside R, turn ¼ R step R forward, turn ¼ L twist both heels to R (3:00) |
| &5-6 | Step L beside R, turn ¼ R step R forward, turn ¼ L twist both heels to R (3:00) |

**Note Keep body facing 3:00 on counts 1-6 only turn feet**

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| &7&8& | Step L beside R, point R to R, touch R beside L, point R to R, hitch R knee |