

# THE BEAST

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**Count:** 64      **Wall:** 4      **Level:** Advanced  
**Choreographer:** Rob Fowler  
**Music:** Something In The Water by The Cheap Seats

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## STREET WISE RUNNING MAN STEPS

1            Jump feet shoulder width apart at diagonals (right foot forward, left foot back)  
&            Jump feet together hitching left knee  
2            Jump feet shoulder width apart at diagonals (left foot forward, right foot back)  
&            Jump feet together hitching right knee  
3            Jump feet apart  
&            Jump feet together (both feet on the floor)  
4            Jump feet apart  
&            Jump feet together hitching left knee  
5            Jump feet shoulder width apart at diagonals (left foot forward, right foot back)  
&            Jump feet together hitching right knee  
6            Jump feet shoulder width apart at diagonals (right foot forward, left foot back)  
7            Jump feet apart  
&            Jump feet together  
8            Jump feet apart  
&            Jump feet together (weight on left foot)

## KICK-BALL-CHANGE, KICK, TOUCH, TURN, BODY ROLL

9            Kick right foot forward  
&            Step in place with right foot  
10           Step in place with left foot  
11           Kick right foot forward  
12           Touch right toe back  
13           Turn ½ to the right on balls of both feet  
14-15       Body roll up  
16           Touch left next to right

## LEFT VINE WITH ¼ TURN, JUMPS, KICK-BALL-CHANGE, HIPS, JUMP BACK

17           Step left foot to left side  
18           Cross right foot behind left foot  
19           Step left foot to left side making a ¼ turn left  
&            Jump forward on both feet  
20           Jump forward on both feet  
21           Kick right foot forward  
&            Step in place with right foot  
22           Step in place with left foot  
23           Push hips forward  
&            Jump back on both feet  
24           Jump back with both feet

## SNAKE ROLLS (LEFT, RIGHT), BACK-STOMP, LOOK, HEEL TAPS WITH ¼ TURN

25-26       Snake roll to left side  
27-28       Snake roll to right side  
&            Step back on left foot  
29           Step right foot forward  
30           Look over left shoulder (face ¼ left do not turn yet)  
31           Tap heels (raise off the ground and drop)  
&            Tap heels make 1/8 turn to the left  
32           Tap heels make 1/8 turn to the left (these two steps bring your body round to face same way as head)

## HITCH, SLIDE, HITCH, SLIDE, TOUCH, SWEEP, TURN, HIPS

33           Hitch right knee across left leg  
&            Step right foot out to right side  
34           Slide left foot up to meet right (weight ends on left)  
35           Hitch right knee across left leg  
&            Step right foot out to right side  
36           Slide left foot up to meet right (weight ends on left)  
37           Point right toe forward  
&38         Sweep foot round behind left  
39           Unwind ½ turn to the right  
&            Push hips left  
40           Push hips right

## HITCH, SLIDE, HITCH, SLIDE, TOUCH, SWEEP, TURN, HIPS

41           Hitch left knee across right leg

& Step left foot out to left side  
42 Slide right foot up to meet left (weight ends on right)  
43 Hitch left knee across right leg  
& Step left foot out to left side  
44 Slide right foot up to meet left (weight ends on right)  
45 Point left toe forward  
&46 Sweep foot round behind right  
47 Unwind  $\frac{1}{2}$  turn to the left  
& Push hips right  
48 Push hips left

#### **ROCK STEPS, TURN, TRAVELING PIGEON TOES**

49 Rock forward on right foot  
& Rock weight back to left foot  
50 Rock back on right foot  
& Rock weight back onto left foot  
51 Step right together making  $\frac{1}{4}$  to the left  
& Swivel heels to the right  
52 Swivel heels to center  
53 Swivel left toe to left, swivel right heels to left  
54 Swivel left heels to left, swivel right toes to left  
55 Swivel left toe to left, swivel right heels to left  
& Swivel left heels to left, swivel right toes to left  
56 Swivel left toes to left, swivel right heels to left

#### **JUMPING JACKS, PADDLE TURNS**

57 Jump feet shoulder width apart  
& Jump feet together  
58 Jump feet shoulder width apart  
& Jump feet together making a  $\frac{1}{2}$  to the left  
59 Jump feet shoulder width apart  
& Jump feet together  
60 Jump feet shoulder width apart  
& Jump feet together, hitching right knee  
61 Push right toe out to right side making  $\frac{1}{8}$  turn left  
& Hitch right knee  
62 Push right toe out to right side making  $\frac{1}{8}$  turn left  
& Hitch right knee  
63 Push right toe out to right side making  $\frac{1}{8}$  turn left  
& Hitch right knee  
64 Push right toe out to right side making  $\frac{1}{8}$  turn left

**REPEAT**