

# Level 4



## Barre

- 1.Nerve Beats  
123, 123, 1234567  
**X3** Knock turn
- 2.Shuffles– front X2, side X2,  
behind X4  
**X3 ½** Knock turn
- 3.Pick up heel X2 pick up beat beat  
**X3 ½** Knock turn

## Corner

- 1.Flat beat beat beat  
(2 fast turns per set)
- 2.Toe heel

## Slow Combinations

- 1.Shuffle beat X4  
Brush back beat beat X2  
Tap step beat heel (dig) brush back beat beat X2  
Flat flat pick-up X4  
Treble beat beat tap step beat beat  
Treble beat beat tap step beat.  
**X2**
- 2.½ X ½ rhythm  
Beat beat brush beat beat brush beat beat brush beat beat (sideways)  
**X2**  
Shuffle shuffle beat beat X4 (slow turn)  
Tap step heel shuffle behind X3 (sideways)  
Tap step heel beat beat  
**X2 (all of the above)**

# Level 4



## Fast Combinations

1.[Pick up toe heel X3 flat flat] X2

Double pick-up flat flat X2

Heel toe X2

Shuffle beat (slow)

**X2**

2.Basic side step X4

Tap spring X8

Flat treble beat beat, flat treble beat

**X2**

3.Heel (dig) beat brush beat beat beat X4

Flat beat beat beat X3 (turning)

Flat beat brush beat

**X2**

4.Pain in tummy X4

Shuffle beat beat X4

Treble beat X3 beat beat

**X2**

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## Slow Routine

1. [Pick up beat X3 beat] X2

Brush back beat beat X2

Flat flat pick up X2

**X2**

2. Tap step heel X4

Tap step brush behind X2 (sideways)

Tap step beat heel (dig) brush back beat beat X2

**X2**

3. Beat beat brush beat beat brush beat beat brush beat beat X2  
(sideways/turning)

Shuffle beat shuffle beat shuffle beat beat beat beat X2

**X2**

4. Pick up beat beat tap step beat beat X2

$\frac{1}{2}$  X  $\frac{1}{2}$  rhythm

Heels toes heels toes

**X2** (left on repeat)

# Level 4



## Fast Routine

1. Flat beat brush beat beat X2  
Shuffle toe heel X4  
Knock heel brush beat X2 flat flat  
Double pick-up flat flat X2  
**X2**
  
2. Tap step beat beat X2 (turning)  
Flat beat beat beat (turning)  
**X3**  
Pick up beat X4
  
3. Treble beat beat beat X4  
Brush back beat beat X4  
Flat knock beat beat X2
  
4. Heel (dig) beat brush beat beat beat X2  
Tap spring X6 tap step beat beat  
**X2**
  
5. Tap step heel beat X4
  
6. Flat treble beat beat X2  
Pain in tummy X2 (pick up beat flat flat, on repeat)  
**X2**
  
7. Double pick-up flat flat X4  
Shuffle beat beat X6  
Flat knock drag