

Level 8



Barre

1. Nerve beats
Beat beat...beat beat (fast)
X14 (counts) Knock turn
2. Shuffle X6 toe heel beat
X3 1/2 Knock turn
3. Pick up heel pick up toe X3
Pick up beat beat
X3 1/2 Knock turn
4. Toe heel beat X4
Toe heel beat X4 beat beat (even)
Hop toe heel beat X4
Hop toe heel beat brush beat beat turn
5. Wing heel X4 (facing the barre)
X2
6. Wing heel knock X4 (facing the barre)
X2

Slow Combination

1. Hop toe heel beat brush beat beat X2 (turning)
Shuffle toe heel beat shuffle beat X2
Tap step heel shuffle brush (forward) brush back brush beat beat
Tap step heel shuffle brush (forward) sweep around brush beat beat
X2

Corner

1. Toe heels, finish with a fast spin
2. Flat beat beat beat drag beat beat
3. Riff X2 beat beat

Level 8



Fast Combinations

1. Pick up heel shuffle heel pick up heel shuffle heel flat flat X2
Double pick-up flat flat X2
Tap step heel beat brush toe heel beat tap step heel beat shuffle toe heel
X2

2. Travelling side step X5 tap step beat heel flat
Treble beat brush toe heel beat X4 (backwards)
Brush hop brush toe heel knock heel beat X3 (slow turn)
Shuffle toe heel shuffle beat beat
X2

3. Side step X2 (beat heel flat)
Brush hop brush down X4
Knock heel toe heel X3 knock heel beat
Hop toe heel beat brush toe heel beat tap step beat heel beat shuffle
beat beat
X2

4. Travelling time step (finish with a flat)
Pick-up heel (one legged) knock X4
X2

Hop shuffle hop brush hop brush down X2
Tap step heel heel brush heel knock heel X2 (straight/alternate)
X2

Level 8



Fast Combinations continued...

5. Riff X2 beat beat (turning)

Tap step heel knock heel beat brush beat tap step heel knock heel beat
brush heel

Michelle's step

X2

6. Flopsy

Slow Routine

1. Shuffle toe heel beat shuffle beat X2

Tap step beat X4

X2

2. Hop toe heel beat toe heel beat brush beat beat X2 knock heel
beat X2

[Shuffle beat X2 shuffle pick-up beat brush beat beat] X2

3. Flat beat brush beat beat brush beat beat brush beat beat (sideways)

Shuffle behind tap step beat X2

X2

4. Tap step heel shuffle brush (forward) brush back brush beat beat

Brush pick-up brush beat beat X2

X2

Level 8



Slow Routine continued...

5. Tap step heel shuffle beat brush beat beat X2 tap step heel shuffle beat (turning)

Knock knock beat brush beat beat X2

Tap heel toe X4

X2

6. Shuffle beat wing knock beat X3

Brush beat beat brush toe heel (turning)

X2

7. Treble beat brush beat beat X2 (backward)

Toe heel X4 (turning) flat flat

X2

8. Double pick-up brush beat beat

Shuffle treble beat shuffle beat beat shuffle treble beat shuffle beat beat

9. Tap step heel heel toe toe shuffle beat shuffle beat

Tap heel toe beat brush beat X2

X2

Level 8



Waltz Routine

1. Travelling side step X2

Flat beat brush beat X2

Step wing beat X2 (slow turn)

X2

2. Treble beat shuffle beat beat shuffle toe heel shuffle toe heel tap
step heel knock heel beat brush beat

Flat beat brush heel beat brush heel knock heel beat X2

X2

3. Riff X4

Pain in the tummy X2

Flat flat brush back brush back

X2

4. Side step X2 (beat heel flat)

Brush hop brush toe heel knock heel beat

X2

5. Tap step heel beat brush toe heel beat X2 heel pick up heel shuffle
beat beat

X2

6. Tap step heel knock heel beat brush heel X6 (turning)

7. Flat beat brush toe heel beat (turning)

Hop toe heel beat X4 (turning)

X2

Beat beat lunge

Level 8



Fast Routine

1. Flat beat brush toe heel beat brush toe heel beat brush toe heel beat
(turning)
Treble beat brush toe heel beat X2 (backwards)
X2
2. Traveling side step X5 tap step beat flat
3. Brush (back) heel knock heel tap step heel heel brush heel knock heel tap
step beat flat
Hop toe heel beat brush toe heel beat X2 (turning)
Knock heel toe heel X3 knock heel beat
Flat beat brush beat X4
4. Pick up heel shuffle heel pick up heel shuffle heel flat flat
Double pick-up X4
X2
5. Side step X2 (beat heel flat)
Brush hop brush toe heel knock heel beat X2
X3
6. Flopsy
7. Tap step heel beat brush toe heel beat X2
Pick up toe heel X3 flat flat
X2
8. [Riff X2 beat beat] X2 (turning)
Pain in tummy X4