

AND THE BEAT GOES ON

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CD: 1979 Unidisc Music Inc., CD Title; "And The Beat Goes On" (Artist: The Whispers) Track 9 "And The Beat Goes On" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 3:25

RHYTHM: West Coast Swing RAL PHASE IV

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-C-B-C-B-D-A-D-B-ENDING

MEAS:

INTRODUCTION

1-4 LOP-FCG LOD WAIT 2 MEAS;; SUGAR PUSH ~ KICK BALL CHANGE;;

1-2 Wait in LOP-FCG LOD w/ ld ft free;;

3-4 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Kick Ball Change**} LOP-FCG LOD kick L fwd/take wgt on ball of L, replace wgt on R (W kick R fwd/take wgt on ball of R, replace wgt on L);

PART A

1-3 SUGAR PUSH ~ UNDERARM TURN;;;

1-3 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Underarm Turn**} LOP-FCG LOD bk L trn RF, fwd R trn RF; Fwd L/cl R, fwd L, anchor R/L, R to LOP-FCG RLOD (W fwd R, fwd L undr ld hnds; fwd R trn LF/XLif cont LF trn, bk R to fc LOD, anchor L/R, L);

4-8 SUGAR PUSH ~ UNDERARM TURN;;; SUGAR PUSH ~ KICK BALL CHANGE;;

4-6 {**Sugar Push**} LOP-FCG RLOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Underarm Turn**} LOP-FCG RLOD bk L trn RF, fwd R trn RF; Fwd L/cl R, fwd L, anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L undr ld hnds; fwd R trn LF/XLif cont LF trn, bk R to fc LOD, anchor L/R, L);

7-8 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Kick Ball Change**} LOP-FCG LOD kick L fwd/take wgt on ball of L, replace wgt on R (W kick R fwd/take wgt on ball of R, replace wgt on L);

PART B

1-4 SLOW SIDE BREAKS; QUICK SIDE BREAKS; WRAPPED WHIP;;

1 {**Slow Side Breaks**} LOP-FCG LOD Stp out L, stp out R, stp in L, stp in R (W stp out R, stp out L, stp in R, stp in L); [Option: replace the timing QQQQ with &S&S]

2 {**Quick Side Breaks**} LOP-FCG LOD Stp out L/stp out R, stp in L/stp in R, stp out L/stp out R, stp in L/stp in R (W stp out R/stp out L, stp in R/stp in L, stp out R/stp out L, stp in R/stp in L);

3-4 {**Wrapped Whip**} LOP-FCG LOD Bk L to BFLY, rec R trn 1/4 RF, bring ld hnds in & over W head sd L cont RF trn/cl R, sd & fwd L to WRP RLOD (W fwd R, fwd L, fwd R/cl L, bk R); XRib trn RF release trl hnds, sd L trn RF to fc LOD, anchor R/L, R to LOP-FCG LOD (W bk L, bk R, anchor L/R, L);

5-8 SLOW SIDE BREAKS; QUICK SIDE BREAKS; WRAPPED WHIP;;

5-8 Repeat meas 1-4;;;

PART C

1-3 SUGAR PUSH ~ TUCK & SPIN;;;

1-3 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Tuck & Spin**} LOP-FCG LOD bk L, bk R to tight BFLY hnds low; Tch L to R, fwd L raise ld hnds w/ soft pull on trl hnds, anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L slight RF trn to tight BFLY; tch R to L, trn RF undr ld hnds fwd R spin RF to fc M, anchor L/R, L);

4-6 SUGAR PUSH ~ MAN'S UNDERARM TURN;;;

4-6 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Man's Underarm Turn**} LOP-FCG LOD bk L, fwd R trn 1/4 RF undr ld hnds; Sd L trn 1/4 RF/fwd R, fwd L, anchor R/L, R to LOP-FCG RLOD (W fwd R, fwd L trn 1/4 LF; sd R/Xlif trn 1/4 LF, bk R, anchor L/R, L);

PART C (cont.)

7-9 SUGAR PUSH ~ TUCK & SPIN:::

- 7-9 {**Sugar Push**} LOP-FCG RLOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Tuck & Spin**} LOP-FCG RLOD bk L, bk R to tight BFLY hnds low; Tch L to R, fwd L raise ld hnds w/ soft pull on trl hnds, anchor R/L, R to LOP-FCG RLOD (W fwd R, fwd L slight RF trn to tight BFLY; tch R to L, trn RF undr ld hnds fwd R spin RF to fc M, anchor L/R,L);

10-12 SUGAR PUSH ~ MAN'S UNDERARM TURN:::

- 10-12 {**Sugar Push**} LOP-FCG RLOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Man's Underarm Turn**} LOP-FCG RLOD bk L, fwd R trn 1/4 RF undr ld hnds; Sd L trn 1/4 RF/ fwd R, fwd L, anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L trn 1/4 LF; sd R/Xlif trn 1/4 LF, bk R, anchor L/R, L);

PART D

1-3 SUGAR PUSH ~ LEFT SIDE PASS:::

- 1-3 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Left Side Pass**} LOP-FCG LOD bk L trn LF, cl R trn LF ld W to M L sd; Fwd L/cl R, fwd L, anchor R/L, R to LOP-FCG RLOD (W fwd R, fwd L pass on M L sd; fwd R trn LF/Xlif cont LF trn, bk R to fc LOD, anchor L/R, L);

4-8 SUGAR PUSH ~ LEFT SIDE PASS::: SUGAR PUSH ~ KICK BALL CHANGE:::

- 4-6 {**Sugar Push**} LOP-FCG RLOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Left Side Pass**} LOP-FCG RLOD bk L trn LF, cl R trn LF ld W to M L sd; Fwd L/cl R, fwd L, anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L pass on M L sd; fwd R trn LF/Xlif cont LF trn, bk R to fc RLOD, anchor L/R, L);
- 7-8 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Kick Ball Change**} LOP-FCG LOD kick L fwd/take wgt on ball of L, replace wgt on R (W kick R fwd/take wgt on ball of R, replace wgt on L);

ENDING

1-3 SLOW SIDE BREAKS; QUICK SIDE BREAKS; APART & POINT:

- 1 {**Slow Side Breaks**} LOP-FCG LOD Stp out L, stp out R, stp in L, stp in R (W stp out R, stp out L, stp in R, stp in L); [Option: replace the timing QQQQ with &S&S]
- 2 {**Quick Side Breaks**} LOP-FCG LOD Stp out L/stp out R, stp in L/stp in R, stp out L/stp out R, stp in L/stp in R (W stp out R/stp out L, stp in R/stp in L, stp out R/stp out L, stp in R/stp in L);
- 3 {**Apert Point**} LOP-FCG WALL Drop hnds apt L, -, pt R twd ptr, -;

ABC BC BD ADB

WAIT
SUGAR PUSH

WAIT
END KICK BALL CHANGE

A SUGAR PUSH
<UNDERARM TURN

SUGAR PUSH

SUGAR PUSH
<UNDERARM TURN
END KICK BALL CHANGE

B SLOW SIDE BREAKS
WRAPPED WHIP
SLOW SIDE BREAKS
WRAPPED WHIP

QUICK SIDE BREAKS

QUICK SIDE BREAKS

C SUGAR PUSH
<TUCK & SPIN

SUGAR PUSH
<MAN'S UNDERARM TURN

.....
SUGAR PUSH
<TUCK & SPIN

SUGAR PUSH
<MAN'S UNDERARM TURN

D SUGAR PUSH
<LEFT SIDE PASS

SUGAR PUSH

SUGAR PUSH
<LEFT SIDE PASS
END KICK BALL CHANGE

END SLOW SIDE BREAKS
APART & POINT

QUICK SIDE BREAKS

4-2 AND THE BEAT GOES ON (ROSS) 6111
(LOP-FCG LOD LEAD FOOT FREE)