



## Step Sheet



# The Beat Goes On

Music	The Beat Goes On – Sonny and Cher					Time	3:26 min
Length	32 cnts	Tempo	128 bpm	Energy*	96 steps/min	Intro	16 cnts
Choreographer		Trudy Sherman		Based On	Texas Time		
# of Moves	4	Moves	Jazz Box, Mambo, Step Point to Side, Weave				

\*Energy is calculated as (weight changes in sequence)\*(beats per minute for music)/(counts in sequence)

Counts in Sequence	Counts in Row	Description of Moves
		<b><u>STEP POINT to SIDE, R-L, FWD-BACK</u></b>
1-2	2	R step forward, L point to side
3-4	2	L step forward, R point to side
5-6	2	R step back, L point to side
7-8	2	L step back, R point to side
		<b><u>WEAVE, R-L</u></b>
9-12	4	R step across in front of L, L step side, R step behind L, L point side
13-16	4	L step across in front of R, R step side, L step behind R, R point side
		<b><u>JAZZ BOX, R x2</u></b>
17-18	2	R cross over L, L step back
19-20	2	R step side, L step together
21-24	4	Repeat 17-20
		<b><u>MAMBO, FWD-BACK, R-L</u></b>
25-28	4	R step forward, L step in place, R step back (together), hold
29-32	4	L step back, R step in place, L step forward (together), hold
		<b>START AGAIN</b>
NOTES:		
MODIFICATIONS:		
1. Step Points - Step in place rather than forward and back 2. Jazz Boxes - Replace with marches		

Kaleidoscope Dance

December 7, 2025  
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