

Be the One

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Muki Matohir Royal (INA) - October 2023

Musik: Be the One - Dua Lipa



Start On Lyric

No Tags – 1 Restart On Wall 4 After 16 Count

S.1 WALK – MAMBO FORWARD – BACK – MAMBO BACK

- 1 – 2 Step R Forward , Step L Forward
- 3 & 4 Step R Forward , Recover on L , Step R Back
- 5 – 6 Step L Back , Step R Back
- 7 & 8 Step L Back , Recover on R , Step L Forward

S.2 SYNCOPATED JAZZ BOX - TURN 1/4 RIGHT – SYNCOPATED CROSS

- 1 & 2 Cross R over L , Turn ¼ Right Step L Back , Step R to Side
- 3 & 4 Cross L over R , Step R Back , Step L to Side
- 5 & 6 & Cross R over L , Recover on L , Step R to Side , Recover on L
- 7 & 8 Cross R over L , Recover on L , Step R to Side

Restart Here On Wall 4 After 16 Count

S.3 CROSS SHUFFLE – ROCK SIDE – TURN 1/4 LEFT – FORWARD – SYNCOPATED LOCK STEP

- 1 & 2 Cross L over R , Step R to Side , Cross L over R
- 3 & 4 Step R to Side , Turn ¼ Left Recover on L , Step R Forward
- 5 & 6 & Step L Forward , Lock R Behind L , Step L Forward , Lock R Behind L
- 7 & 8 Step L Forward , Lock R Behind L , Step L Forward

S.4 FORWARD – TURN 1/4 LEFT – SIDE – BOTA FOTO – SPIRAL TURN 1/2 LEFT

- 1 – 2 Step R Forward , Turn ¼ Left Step L to Side
- 3 & 4 Cross R over L , Ball L to Side , Step R in Place
- 5 & 6 Cross L over R , Ball R to Side , Step L in Place
- 7 – 8 Cross R over L , Turn 1/2 Left Recover On L

ENJOY THE DANCE

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