She Be The One

Ebene: Intermediate

Choreograf/in: Elle-Jay (UK)

Count: 48

Musik: She Be the One - Enrique Iglesias

BACK ROCK, SIDE STEP, TOUCH, HITCH, HIP SHAKES, ¼ TURN LEFT COASTER

- 1&2 Rock back left behind right, recover forward right, long step left with left
- 3&4 Slide & touch right next to left, hitch right, touch to right side as if stepping over something on the floor
- 5&6 Shake hips right, left, right while transferring weight to right foot
- 7&8 Quarter turn left stepping back left, step right next to left, step forward left

FORWARD LOCK STEP, HOLD, FORWARD LOCK STEP, PIVOT ½ TURN RIGHT, TRIPLE FULL TURN RIGHT

- 1&2 Step forward right, lock step left behind right, step forward right
- 3&4 Hold and click fingers, lock step left behind right, step forward right
- 5-6 Step forward left, pivot half turn right
- 7&8 Triple full turn right stepping left, right, left

BACK ROCK, POINT, BACK ROCK, SIDE STEP, BACK ROCK, POINT, BACK ROCK, SIDE STEP

- 1&2 Rock back right behind left, recover forward left, point right to right side
- 3&4 Rock back right behind left, recover forward left, long step right to right side sliding left to right
- 5&6 Rock back left behind right, recover forward right, point left to left side
- 7&8 Rock back left behind right, recover forward right, long step left to left side sliding right to left

1/4 TURN LEFT WITH HIP BUMPS, TOE TAPS, SIDE STEP, 1/4 TURN LEFT WITH HEEL BOUNCES

1&2&3&4 Bump hips right, left, right, left, right, left, right, while 1/4 turning left on left foot & ball of right (knees bent)

The hip movements form a figure 'C', right hip bumping up & down & up & down, click right fingers at the same time

- 5&6 Tap right next to left twice, step right to right side
- 7&8 Bounce heels three times while guarter turning left on balls of feet

COASTER STEP, KICK, ¼ TURN LEFT, POINT, SHUFFLE LEFT ACROSS RIGHT, POINT & POINT

- 1&2 Step back left, step right next to left, step forward left
- 3 Kick right at a diagonal right while quarter turning left on left, lifting left shoulder
- &4 Cross right over left, relax shoulders, point left to left side lifting right shoulder
- 5&6 Cross left over right, step right to right, cross step left over right
- Point right to right side, step right next to left, point left to left side 7&8

1⁄4 TURN LEFT, FORWARD LOCK STEP, SKATE RIGHT, LEFT, FORWARD ROCK, TOUCH, KICK 1⁄2 TURN LEFT, BACK ROCK, TOUCH

- Quarter turn left on right stepping left forward, lock step right behind left, step left forward 1&2 3-4 Skate right to right side, skate left to left side
- 5&6 Rock forward on right, touch left behind right, half turn left on right while kicking left forward
- 7&8 Rock back on left, recover forward on right, touch left next to right

REPEAT





Wand: 4