

# Be On You (一切隨你) (zh)

COPPER KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Jordan Lloyd (UK) - 2009年07月

Music: Be On You (feat. Ne-Yo) - Flo Rida



**第一段** **Back Together Cross, Side Rock Back Recover, Step Forward, Cross Step Back ¼, Step Forward ¼, Shuffle ¼ Sweep.**

後併交叉, 側踏後下沉回復, 前踏交叉1/4後踏, 1/4前前踏, 1/4轉交換繞

1-2& Step back on right, Step left next to right, Cross right over left.  
右足後踏, 左足併踏, 右足於左足前交叉踏

3-4& Step left to the side, Rock right foot back, Recover onto left.  
左足左踏, 右足後下沉, 左足回復

5-6& Step forward on right, Cross left over right, Step back on right making a ¼ left. 右足前踏, 左足於右足前交叉踏, 左轉90度右足後踏

7-8&1 Step forward left making a ¼ left, Step right to side making ¼ left, Step left next to right, Step right out to right while sweeping left around.  
左轉90度左足前踏, 左轉90度右足右踏, 左足併踏, 右足右踏左足繞

**第二段** **Cross, Rock Recover, Rock Recover Flick, Scuff Hitch, Back Drag, Rock Recover Cross, Lunge.**

交叉, 下沉回復, 下沉回復勾, 擦踢抬, 後拖併, 下沉回復交叉, 曲膝

2& Cross left over right, Rock back on right.  
左足於右足前交叉踏, 右足後下沉

3&4 Recover forward on left, Rock back on right, Recover forward left while flicking right foot behind.  
左足前回復, 右足後下沉, 左足前回復右足後勾

5&6 Scuff right foot forward, Hitch right foot, Long step back on right while dragging left next to right.  
右足前擦踢, 右足抬, 右足後一大步左足拖併

7&8& Rock left out to left side, Recover onto right, Cross left over right, Lunge right out to right.  
左足左下沉, 右足回復, 左足於右足前交叉踏, 右足右曲膝踏

**RESTARTS:** on wall 3 and wall 6, Dance to count 16 and on the & count instead of a lunge right, touch right next to left and start the dance again.

第三面牆及第六面牆跳至此時, 將曲膝踏改成右足併點後, 從頭起跳

**第三段** **Step Drag, Sailor ¾, Shuffle Forward, Sweep Full Turn Step, Out Out, Touch In Out In.**

踏拖併, 水手轉3/4, 前交換, 繞轉圈踏, 外外, 點併外併

1 Big step to left while dragging right.  
左足左一大步右足拖併

2&3 Step right behind left, Step forward left making a ¼ turn left, Step right to left making ½ turn left.  
右足於左足後踏, 左轉90度左足前踏, 左轉180度右足併踏

4&5 Step forward on left, step right next to left, Step forward left as you do this sweep around a full turn with your right leg.  
左足前踏, 右足併踏, 左足前踏右足繞圈

6&7 Step right foot next to left, Step left foot slightly out to left, Step right foot slightly out to right.  
右足併踏, 左足略左踏, 右足略右踏

8&8 Touch left next to right, Touch left out to left, Touch left next to right. 左足併點, 左足左點, 左足併點

**第四段** **Step Forward Drag, Step Together, Step Back, Step Back Drag, Step Together, Step Forward, Shuffle Sweep Full Turn, Sailor Step, Cross.**

前踏拖, 踏併, 踏後, 後踏拖, 踏併, 踏前, 交換繞轉圈, 水手步, 交叉

1-2& Step forward on left making a ¼ turn left while dragging right, Step right next to left, Step back on left.  
左轉90度左足前踏右足拖併, 右足併踏, 左足後踏

- 3-4& Step back on right while dragging left, Step left next to right, Step right forward. 右足後踏左足拖併, 左足併踏, 右足前踏
- 5&6 Step left forward, Step right next to left, Step left forward while sweeping right behind making a full turn right.  
左足前踏, 右足併踏, 左足前踏右足繞轉圈
- 7&8& Step right behind left, Step left slightly out to left, Step right Slightly out to right, Cross left over right.  
右足於左足後踏, 左足略左踏, 右足略右踏, 左足於右足前交叉踏
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