

Be The One

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Annemaree Sleeth (AUS) - August 2016

Musique: Be the One - Dua Lipa : (iTunes)



Intro Dance Starts On Lyrics 16 Counts Dance Travels Clockwise To The Right - No Tags No Restarts

SEC 1 [1 – 8] DIAG TOE STRUTS OUT TWICE , COASTER, STEP, LOCK, STEP, STEP ¼ PIVOT, CROSS

1 & 2 & Step R Toe Diag Fwd, Drop R Heel , Step L Toe Diag Fwd , Drop L Heel

3 & 4 Step R Back, Step L Together , Step R Forward

5 & 6 Step L Forward, Lock R Behind, Step L Forward

7 & 8 Step R Forward, Pivot ¼ L, Cross R Over L - (9.00)

Easier Option 1 – 2 □ Step R Diag Fwd & Out Step L Diag Fwd & Out

SEC 2 [9 – 16] SIDE, CROSS SIDE, HEEL, TOGETHER, CROSS, 1/4 BACK, SWEEP SAILOR , BACK, RECOVER, FORWARD

1 & 2 & Step L Side, Cross R Over L , Step L Side, Tap R Heel R Diagonal

3 & 4 & Step R Together, Cross L Over R, Turning ¼ L Step R Back , Sweep L Around L (6.00)

5 & 6 Cross L Behind R, Step R Side , Step L Side

7 & 8 Rock R Back , Recover L, Step R Forward

SEC 3 [17 – 24] STEP, ½ PIVOT, SCISSOR, TOE STRUTS, CROSS TOE STRUT, SIDE RECOVER CROSS

1 – 2 Step L Fwd, Pivot ½ R (Wgt R) Bending Low as You Turn (12.00)

Ending Here

3 & 4 Step L Side, Step R Together, Cross L Over R

5 & 6 & Step R Toe Side, Drop R Heel, Cross L Toe Over R, Drop L Heel

7 & 8 Step R Side, Recover L, Cross R Over L (12 .00)

Option Only Feel free to make counts 7&8 R Scissor Step

SEC 4 [25 – 32] ¾ Circle Left, / WALK, DRAG X, TRIPLE, WALK X 2, SIDE, RECOVER, TOUCH

Note: The next 8 counts will ¾ circle around to the left to end up facing 3:00 –

1 & 2 & In an arc: Step L forward, Drag R up To L, Step R forward, Drag L Up To R

3 & 4 & In an arc: Step L forward Step R Together, Step L forward, Drag R Up To L

5 – 6 In an arc: Step R forward, Step L forward

7 & 8 Rock R Side, Recover L, Touch R Together (3.00)

Easier Option ¾ Arc Left 1 - 4 Walk L, Walk R, Triple L,R,L, Walk R, Walk L, Side, Recover, Touch □□

To Finish Wall To Front Wall

Wall 9 (12.00) Dance 18 Counts Up To Sec 3 Counts 1 - 2 Step ½ Pivot, and Pose

I Am Choosing To Dance Through Any Restarts You May Hear

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Last Update – 16th Aug 2016