

# Mite Be

**Compte:** 64

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** Lynn Warden (CAN)

**Musique:** Sight for Sore Eyes - M People



## HEEL, HEEL, TOE, TOE, TOUCH COASTER STEP

- 1-4 Tap right heel, forward twice, tap toe back twice  
5-6 Tap right heel forward once:, touch right-toe beside left foot  
7&8 Step back on right foot, step left foot beside right foot, step forward on right foot  
9-16 Repeat steps 1-8 starting with left foot this time:

## SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, ROCK FORWARD, BACK, STEP FORWARD ½ TURN LEFT

- 17&18 Shuffle forward right-left-right,  
19&20 Shuffle forward left-right-left,  
21-22 Rock-step forward on right foot (swinging right hip forward) rock-step back on left in place  
23-24 Step forward on right foot, pivot ½ turn left on left  
25-32 Repeat steps 17-24

## STOMP FORWARD, HEEL HEEL, HEEL, STOMP FORWARD HEEL, HEEL, HEEL, ROCK FORWARD, STEP, ROCK, ROCK BACK, STEP, ROCK FORWARD, STEP, ROCK BACK, STEP

- 33-36 Stomp right foot forward, lift right heel & tap it three times, weight to right foot on count 36  
37-40 Stomp left foot forward, step left heel & tap it three times, weight to right foot on count 40  
41-42 Rock-step forward on right foot (swinging right hip forward) rock-step back on left foot in place  
43-44 Rock-step back on right foot (swinging right hip back) rock-step forward on left foot in place  
45-48 Repeat steps 41-44

## STEP FORWARD, ¼ TURN(LEFT), STOMP, STOMP, STEP FORWARD, ¼ TURN(LEFT),STOMP STOMP

- 49-52 Step forward on right foot, pivot ¼ turn left on left foot, stomp right foot beside left foot, stomp left foot beside right foot  
53-56 Repeat steps 49-52

## WALK FORWARD, FORWARD TRIPLE RIGHT-LEFT-RIGHT, WALK BACK, BACK, TRIPLE LEFT-RIGHT-LEFT,

- 57-58 Step forward on right foot, step forward on left foot  
59&60 Triple step in place right-left-right,  
61-62 Step back on left foot, step back on right foot  
63-64 Triple step in place left-right-left.

## REPEAT