

Just Be

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Darren Bailey (UK) & Fred Whitehouse (IRE) - November 2014
音乐: Just Be - Paloma Faith : (Album: Accoustic Sessions)



Intro: 24 Counts start on the word 'Lets'

Bridge on walls 4 and 7, Restart on wall 6

Step, Touch, Hood, Full turn, Sweep, Hold

- 1 Step forward on Lf
- 2 Touch Rf to R side
- 3 Hold
- 4 Make a full turn R closing Rf next to Lf
- 5 Sweep Lf around to front
- 6 Hold

Weave to R, Slow drag to R

- 1 Cross Lf over Rf
- 2 Step Rf to R side
- 3 Cross Lf behind Rf
- 4 Take a big step to the R with Rf
- 5 Drag Lf towards Rf
- 6 Hold

Turning Lock step to L, Back, 1/4 L Side rock, Recover

- 1 Make a 1/4 Turn L and step forward on LF
- 2 Make a 1/2 turn L ad step back on Rf
- 3 Lock Lf infront of Rf
- 4 Step back on Rf
- 5 Make a 1/4 turn to the L and Rock Lf to L side
- 6 Recover onto Rf

Back twinkle L, 1/2 R traveling back

- 1 Cross Lf behind Rf
- 2 Step Rf back on R diagonal
- 3 Step Lf back on L diagonal
- 4 Step back on Rf
- 5 Make a 1/4 turn R and step on Lf
- 6 Make a 1/4 turn R and step forward on Rf toward 7:30

Restart here on wall 6

Step, Rock, Recover, Back, Touch, Sharp 1/2 turn L

- 1 Step forward on Lf
- 2 Rock forward on Rf
- 3 Recover onto Lf
- 4 Step back on Rf
- 5 Touch Lf back
- 6 Make a 1/2 turn L keeping weight on Rf

Step , Drag, Hold, Turning twinkle R

- 1 Step forward on Lf

2 Drag Rf towards Lf

3 Hold

BRIDGE: 10 count bridge comes here on Walls 4 and 7 Continue from this point after bridge

4 Cross Rf over Lf

5 Make a 1/4 turn R and step back on Lf

6 Make a 1/4 turn R and step Rf to R side

Turning twinkle L, Twinkle R

1 Cross Lf over Lf

2 Make a 1/4 turn L and step back on Rf

3 Make a 1/4 turn L and step Lf to L side

4 Cross Rf over Lf

5 Step Lf forward on L diagonal

6 Step Rf forward on R diagonal

1/2 Diamond fall away L

1 Step forward on Lf

2 Make a 1/8 turn L and step Rf to R side

3 Make a 1/8 turn L and step back on Lf

4 Step back on Rf

5 Make a 1/8 turn L and step Lf to L side

6 Make a 1/8 turn L and step forward on Rf

Bridge

1 Step forward on Rf

2 Make a full turn spiral L

3 Rock forward on Lf and start body rotation to the L

4-7 Continue slow body rotation to L (creating a nice line)

1 Step back on Rf

2 Step back on Lf

3 Hold
