

Be Yourself

拍数: 32 墙数: 4 级数: Improver
编舞者: Frederick Fung (CAN) - October 2017
音乐: Englishman In New-York (feat. Tefa & Moux & Willy William) - Cris Cab



Alt. music: Cris Cab - Englishman In New York (SAMBA remix - 51 BPM)

Intro - 32 counts of music

S1 [1-8]: 2 X Samba Walk Fwd, LF Step Lock Step, RF Cross L, LF Close RF, RF Cha Cha Side (12:00)

1-2 LF Samba walk forward(1), RF Samba walk forward (2)
3&4 Step LF forward, lock RF behind LF, Step LF forward
5, 6 RF Cross body L(5), Step LF forward to close with RF(6)
7&8 RF Cha Cha Side to R with body ¼ turn right and RF pointing to 3:00

S2[9-16]: LF Fwd, RF Step down In Place and LF ronde Bkwd L, LF Step bkwd LRL, RF Step Bkwd RLR, LF Step In Place, RF Cross Body Toe Point L

1 Step LF forward
2 Step and press ball of RF down in place with body 1/8 turn L and ronde LF backward to left behind RF
3&4 Step LF back (3), Step RF back(&), Step LF back(4)
5&6 Step RF back(5), Step LF back(&), Step RF back (6)
7& Step LF in place(7), Lean body slightly backward(&)
8 Point RF toe diagonally to left

S3 [17-24]: Circular Samba Votas L – 4 x Votas

1&2 Move RF to side slightly back, toe turned out; Take split weight to RF; Press Ball of RF, draws LF in front of RF(Latin Cross - facing 9:00)
3&4 Move RF to side slightly backward, toe turned out; Take split weight to RF; Press Ball of RF, draws LF in front of RF (Latin Cross - facing 6:00)
5&6 Same as steps #3&4 (Latin Cross facing 3:00)
7&8 Same as steps #3&4 (Latin Cross facing 12:00)

S4 [25-32]: Samba Botafogo L, Samba Botafogo R, RF Cross Body Spiral Full Turn L

1&2 Step RF forward slightly diagonally across the body (1); Step LF sideway with partial weight transfer. During this and next steps, make a ¼ turn to R (&); Replace full weight onto RF (2)
3&4 Step LF forward slightly diagonally across the body (3); Step RF sideway with partial weight transfer; During this and next steps, make a ¼ Turn to L (&); Replace full weight onto LF (4)
5-8 RF cross body forward toward 7:00, spiral full turn facing 9:00 (weight on RF)

REPEAT

Dance stops at end of 16 counts of music in Wall #12.

**PLEASE ENJOY THIS LINE DANCE UNTIL YOUR HEART AND SOUL ARE TOUCHED BY "Be Yourself"!
For Song & Step Sheet, please contact: Passionff0118@gmail.com**

Last Update – October 15, 2017