

# Be Your Number One

COPPER KNOB  
BY STEPHEN

拍数: 32                      墙数: 4                      级数: Improver  
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音乐: The Tide Is High - Atomic Kitten



**\*1 tag ( 4 count) 2 restart with change steps ( 4 count)**

## Sec 1 - V Step - Knee Pops

1-4                      Step RF fwd diagonal R - Step LF fwd diagonal L - Step RF back - Close LF next to RF  
5-6                      Step R to right - touch L toe while pop L knee to right  
7-8                      Step L to left - touch R toe while pop R knee to left

## Sec 2 - Point - Point - Sailor Step - Kick Ball Cross - Full Left Twist Turn

1-2                      point R toe over LF - point R toe to side  
3&4                      step R behind L - step L to left side - step R to right side  
5&6                      Kick L forward - Step L together - Cross R over L  
7-8                      Full Twist Turn to left on L ending weight on R

## Sec 3 - Forward -Forward Heel Tap - Coaster Step - L fwd, 1/2 Turn R flick, L shuffle fwd

1-2                      Step L forward - Tap R heel forward  
3&4                      Step R back - Step L together - Step R forward  
5-6                      LF step fwd, 1/2 turn R LF flick ( facing 6 o'clock)  
7&8                      LF step fwd, RF next to LF, LF step fwd

## Sec 4 - 1/4 Monterey turn R - Jazz box

1-4                      Touch R toe to right side - pivoting 1/4 right step R together - Touch L to side - Step L together ( 9 o'clock)  
5 - 8                      Cross RF over LF - Step LF back - Step RF to side - Step forward LF

**TAG 4 count on wall 7**

## R Side - Flick - L side - Flick

1-4                      Step RF to the side - Flick LF - Step LF to the side - Flick RF.

**You can touch your heel with your hand when flick your foot.**

**\*Restart on wall 4 and wall 6 with change steps after 12 count.**

## \*4 count ( 13 - 16) for change steps

1-2                      Step LF to side - step RF together  
3&4                      Twist both heels L-R-L

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